786

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JANUARY 1982

#786

HOME EMPLOYMENT (:30)

LOOKING AT THOSE ADS THAT SAY, "WORK AT HOME!"? THINK TWICE, WARNS THE U.S. POSTAL SERVICE. SOME OF THE SCHEMES REQUIRE YOU TO SEND IN A "REGISTRATION" FEE FOR WORK SUCH AS ADDRESSING ENVELOPES, HAND-SEWING SMALL ITEMS, OR SELLING MERCHANDISE BY PHONE OR THROUGH THE MAIL. BUT THE COMPANY COULD KEEP THAT FEE AND TELL YOU YOU'RE NOT QUALIFIED. OR THEY MIGHT NOT PAY YOU FOR WORK YOU DO. SO BEFORE YOU PAY ANY FEE, TRY TO GET FREE INFORMATION. AND IF YOU CAN'T, DON'T WASTE YOUR MONEY. IF YOU'VE ALREADY BEEN STUNG, LET THE POSTAL INSPECTOR AT YOUR POST OFFICE KNOW. THE POSTAL SERVICE WILL INVESTIGATE AND PROSECUTE IF THEY CAN PROVE FRAUD.

# # # #

NEWARK PUBLIC LIBRARY

JAN 21 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

HOME EMPLOYMENT (:20)

THINK TWICE BEFORE YOU SIGN UP FOR THOSE "WORK AT HOME" JOBS, WARNS THE U.S. POSTAL SERVICE. THEY COULD REQUIRE YOU TO SEND IN A FEE AND THEN TURN YOU DOWN FOR THE JOB. OR YOU MIGHT GET THE JOB BUT NOT BE PAID FOR THE WORK. IF YOU HAVE TO SEND IN MONEY BEFORE YOU CAN LEARN ABOUT WHAT YOU WILL BE DOING, YOU PROBABLY SHOULD STAY AWAY. AND IF YOU HAVE BEEN TAKEN, CALL THE POSTAL INSPECTOR AT YOUR LOCAL POST OFFICE.

# # # #

GS 11.9/3.

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

January 1982

#786

Home Employment (2:00)

Those holiday bills certainly do make an impressive pile. Wouldn't it be nice to make a little extra money to help pay them? How about answering one of those ads offering you ways to earn money at home?

Think twice. The U.S. Postal Service warns that some of these schemes may turn out to be fraudulent. And some of them are downright illegal--with you being the one in trouble.

Some of the ads ask you to send money to "register" for work such as addressing envelopes, hand-sewing small items, or selling merchandise by phone or through the mail. But the company could keep your registration fee and tell you that you're not qualified for the job. Or they might give you the work to do, but never pay you for it. In either event, you lose.

In other cases, you may pay for a booklet that tells you that the real way to make money is to place ads for envelopes to stuff at home. The real problem is that you join the con game!

Sometimes these great business opportunities turn out to be instructions to put your name and address at the bottom of a letter and send it to 200 or so of your closest friends. It promises that you will end up getting bags of money. But that's a chain letter, and it's illegal.

So before paying any fee, ask the company to send you free literature about the plan. If you have to put your money down first before you can learn about the program, you should probably stay away from it.

(MORE)

HOME EMPLOYMENT/ADD ONE

IF YOU'VE ALREADY GOTTEN SOME INFORMATION ABOUT A WORK-AT-HOME PLAN, CHECK WITH YOUR LOCAL BETTER BUSINESS BUREAU OR CONSUMER PROTECTION OFFICE FOR ANY COMPLAINTS THEY HAVE ABOUT THE COMPANY.

AND IF YOU'VE ALREADY LOST YOUR MONEY OR YOU HAVEN'T BEEN PAID FOR WORK YOU DID, LET THE POSTAL INSPECTOR AT YOUR LOCAL POST OFFICE KNOW. WHILE YOU MAY NOT GET YOUR MONEY BACK, THE POSTAL INSPECTOR WILL INVESTIGATE THE MATTER AND PROSECUTE THE COMPANY IF THE POSTAL SERVICE CAN PROVE FRAUD.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND THIS STATION ________________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

January 1982

Home Employment (:60)

#786

Looking for ways to pay those holiday bills? Think twice before answering those ads about working at home.

The U.S. Postal Service warns that some of these schemes may turn out to be fraudulent.

Some of the ads ask you to send money to "register" for work such as addressing envelopes, hand-sewing small items, or selling merchandise by phone or through the mail. But the company could keep your registration fee and tell you that you're not qualified for the job. Or they might give you the work to do and not pay you for it. In either event you lose.

So before you pay any fee, ask the company to send you free literature about the plan. If you have to put your money down first, you should probably stay away.

If you've gotten some information about a work-at-home plan, and you want to know more about the company, check with your local Better Business Bureau or consumer protection office.

If you've already lost your money or haven't been paid, let the postal inspector at your post office know. While you may not get your money back, the postal inspector will investigate the matter and prosecute the company if the Postal Service can prove fraud.

# # # #

787

Federal Consumer Focus

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794

JANUARY 1982

DIRECT CONTACTS FOR CONSUMERS (:30) #787

WANT TO KNOW WHETHER YOUR STATE HAS A TOLL-FREE CONSUMER HOTLINE? INTERESTED IN CHECKING WITH A REGULATORY AGENCY ABOUT A PROBLEM? THERE ARE MANY DIRECT SOURCES OF ASSISTANCE FOR CONSUMERS IN BOTH THE FEDERAL AND STATE GOVERNMENTS. AND QUITE A NUMBER CAN BE REACHED AT NO COST TO YOU. TO GET A LIST OF THESE NUMBERS, SEND FOR THE BOOKLET, DIRECT CONTACTS FOR CONSUMERS. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009. THAT'S DIRECT CONTACTS, CONSUMER FOCUS, PUEBLO, COLORADO 81009.

NEWARK PUBLIC LIBRARY
JAN 21 1982
U. S. GOVT. PUBS
DEPOSITORY 376

# # # #

DIRECT CONTACTS FOR CONSUMERS (:30)

THIS STATE HAS A PHONE NUMBER YOU CAN CALL TO GET HELP WITH YOUR CONSUMER COMPLAINTS AND PROBLEMS. IT'S TOLL-FREE, AND IT IS OPEN BETWEEN ____________ AND ____________. ALL YOU HAVE TO DO IS PICK UP YOUR PHONE AND DIAL 1-800-__________ AND THE PEOPLE AT THE OTHER END WILL BE HAPPY TO HELP. THAT'S 1-800-__________. (See numbers on reverse.)

# # # #

MASSACHUSETTS
Boston (617) 223-7121

MICHIGAN
Detroit (313) 226-7016
Grand Rapids (616) 451-2628

MINNESOTA
Minneapolis (612) 349-5333

MISSOURI
Kansas City (816) 374-2466
St. Louis (314) 425-4106
Other locations within area code 314
(800) 392-7711
Other locations within area codes 816 and 417
(800) 892-5808

NEBRASKA
Omaha (402) 221-3353
Other locations (800) 642-8383

NEW JERSEY
Newark (201) 645-3600
Paterson/Passaic (201) 523-0717
Trenton (609) 396-4400

NEW MEXICO
Albuquerque (505) 766-3091
Santa Fe (505) 983-7743

NEW YORK
Albany (518) 463-4421
Buffalo (716) 846-4010
New York (212) 264-4464
Rochester (716) 546-5075
Syracuse (315) 476-8545

NORTH CAROLINA
Charlotte (704) 376-3600

OHIO
Akron (216) 375-5638
Cincinnati (513) 684-2801
Cleveland (216) 522-4040
Columbus (614) 221-1014
Dayton (513) 223-7377
Toledo (419) 241-3223

OKLAHOMA
Oklahoma City (405) 231-4868
Tulsa (918) 584-4193

OREGON
Portland (503) 221-2222

PENNSYLVANIA
Allentown/Bethlehem (215) 821-7785
Philadelphia (215) 597-7042
Pittsburgh (412) 644-3456
Scranton (717) 346-7081

RHODE ISLAND
Providence (401) 331-5565

TENNESSEE
Chattanooga (615) 265-8231
Memphis (901) 521-3285
Nashville (615) 242-5056

TEXAS
Austin (512) 472-5494
Dallas (214) 767-8585
Fort Worth (817) 334-3624
Houston (713) 226-5711
San Antonio (512) 224-4471

UTAH
Ogden (801) 399-1347
Salt Lake City (801) 524-5353

VIRGINIA
Newport News (804) 244-0480
Norfolk (804) 441-3101
Richmond (804) 643-4928
Roanoke (703) 982-8591

WASHINGTON
Seattle (206) 442-0570
Tacoma (206) 383-5230

WISCONSIN
Milwaukee (414) 271-2273

Federal Consumer Focus

January 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Direct Contacts for Consumers
Supplemental Information

Toll Free State Consumer Numbers

Many consumers are unaware of complaint handling resources available through their own state governments. Even if consumers do know where to call, they are often restrained by the anticipated cost of describing a complicated problem long distance during prime business hours.

However, we've located 34 state governments that have gone that extra mile for their constituents. They've installed toll free 800 numbers so consumers can easily make inquiries or register complaints.

Note that some offices handle complaints on almost any subject. Others carefully specify their area of interest.

Hours of operation listed are for local time zones. In some locations you may have to dial "1" before the "800."

These offices are yours. They are there to help you. We encourage you to contact them whenever you have a problem they can handle.

ALABAMA (Montgomery)
Hours: 8:00-5:00
(800) 392-5658
In state only. Advice given over the phone. Complaints must be submitted in writing for action.

ARIZONA (Phoenix)
Hours: 8:00-5:00
(800) 352-8431
In state only. Handles complaints concerning possible fraud.

ARKANSAS (Little Rock)
Hours: 8:00-5:00
(800) 482-8982
In state only. Handles complaints concerning possible fraud or false advertising and will answer general inquiries.

CALIFORNIA (Sacramento)
Hours: 8:00-5:00
(800) 952-5210
In state only. Handles complaints concerning auto repair jobs.

(800) 952-5567
In state only. Information regarding solar energy uses/insulation.

Hours: 9:00-12:00; 1:00-4:00
(800) 952-5225
In state only. Takes general complaints.

COLORADO (Denver)
Hours: 8:00-5:00
(800) 332-2071
In state only. Handles complaints concerning possible price fixing or other antitrust matters.

CONNECTICUT (Hartford)
Hours: 8:30-4:30
(800) 842-2649
In state only. Handles all types of complaints and inquiries.

FLORIDA (Tallahassee)
Hours: 7:45-4:30 (recording after hours)
(800) 342-2176
In state only. Handles most types of complaints and inquiries.

GEORGIA (Atlanta)
Hours: 8:00-5:00
(800) 282-4900
In state only. Handles general complaints and inquiries.

ILLINOIS (Chicago)
Hours: 8:30-5:00
(800) 252-8972
In state only. Handles complaints and inquiries related to state tax, senior citizens relief tax and other matters.

(800) 252-8980
In state only. Handles complaints and inquiries on used car problems.

(800) 252-8903
In state only. Handles complaints and inquiries on public aid fraud.

INDIANA (Indianapolis)
Hours: 8:15-4:45
(800) 382-5516
In state only. Handles general consumer complaints and inquiries.

KANSAS (Topeka)
Hours: 8:00-5:00
(800) 432-2310
In state only. Handles general complaints and inquiries.

KENTUCKY (Frankfort)
Hours: 8:30-5:00
(800) 432-9257
In state only. Advice given over the phone. Will send complaint forms or refer.

LOUISIANA (Baton Rouge)
Hours: 8:30-5:00
(800) 272-9868
In state only. Handles general complaints and inquiries.

MASSACHUSETTS (Boston)
Hours: 9:00-5:00
(800) 632-8026
In state only. Handles energy related complaints and concerns.

(800) 392-6066
In state only. Handles public utility complaints and inquiries.

MICHIGAN (Lansing)
Hours: 8:30-5:00
(800) 292-4204 (Bureau of Automotive Regulation)
In state only. Handles auto complaints.

(800) 292-5943 (Commissioner of Insurance)
In state only. Handles insurance related complaints.

(800) 292-9555 (Public Service Commission)
In state only. Handles utility related complaints.

MISSISSIPPI (Jackson)
Hours: 8:00-5:00
(800) 222-7622 (Governor's Hotline)
In state only. Consumer complaints are referred.

MISSOURI (Jefferson City)
Hours: 8:15-4:45
(800) 392-8222
In state only. Handles complaints involving fraud and misrepresentation in the sale of goods.

MONTANA (Helena)
Hours: 8:00-5:00 (answering service after hours)
(800) 332-2272
In state only. Refers complaints and inquiries to the proper state office.

NEVADA (Carson City)
Hours: 8:00-5:00
(800) 992-0900
In state only. Operator connects consumer with state agencies. Consumer must know which agency to request.

NEW HAMPSHIRE (Concord)
Hours: 8:00-4:00
(800) 852-3456 (Governor's Office of Citizens Services)
In state only. Handles complaints and inquiries concerning energy.

(800) 852-3311 (State Council on Aging)
In state only. Information about and for the elderly.

NEW JERSEY (Trenton)
Hours: 9:00-5:00 (recording after hours)
(800) 792-8600
In state only. Refers complaints and inquiries to the proper agency.

NEW YORK (Albany)
Hours: 7:30-4:30
(800) 342-3736
In state only. Handles consumer inquiries on all types of insurance coverage.

Hours: 9:00-5:00
(800) 522-8707
In state only. Refers consumer inquiries on utilities to the proper public service/utility.

Hours: 7:30-4:30
(800) 342-3823
In state only. Handles complaints concerning auto repairs performed within the last 90 days.

Hours: 9:00-4:00
(800) 342-3722 (recording after hours)
In state only. Answers inquiries about energy programs, conservation and regulations.

NORTH CAROLINA (Raleigh)
Hours: 8:00-5:00
(800) 662-7777
In state only. Receives inquiries about insurance coverage.

NORTH DAKOTA (Bismark)
Hours: 8:00-5:00
(800) 472-2600
In state only. Investigates allegations of consumer fraud.

Hours: 8:00-5:00
(800) 472-2927
In state only. Handles general consumer complaints.

OHIO (Columbus)
Hours: 8:00-5:00 (recording after hours)
(800) 282-0515
In state only. Handles general complaints and inquiries.

OKLAHOMA (Oklahoma City)
Hours: 8:00-5:00
(800) 522-8555 (Capitol Straight Line)
In state only. Handles general complaints and inquiries.

OREGON (Portland)
Hours: 8:00-5:00
(800) 452-7813
In state only. Will link caller to appropriate state agency.

SOUTH CAROLINA (Columbia)
Hours: 8:00-5:00
(800) 922-1594
In state only. Handles general complaints and inquiries.

SOUTH DAKOTA (Pierre)
Hours: 8:00-5:00
(800) 592-1865
In state only. Tie line. Must ask for specific division.

TENNESSEE (Nashville)
Hours: 8:00-4:30
(800) 342-8385
In state only. Handles general complaints and inquiries.

VERMONT (Montpelier)
Hours: 8:00-4:30
(800) 642-5149
In state only. Handles general complaints and inquiries.

VIRGINIA (Richmond)
Hours: 8:30-5:00
(800) 552-9963
In state only. Handles general complaints and inquiries.

WASHINGTON (Seattle)
Hours: 1:00-5:00
(800) 552-0700
In state only. Will mail out complaint forms or make referrals.

WISCONSIN (Madison)
Hours: 8:00-4:45
(800) 362-3020
In state only. Handles general complaints and inquiries.

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JANUARY 1982

DIRECT CONTACTS FOR CONSUMERS (:30) #787

GOT A QUESTION ABOUT THE FEDERAL GOVERNMENT, BUT YOU'RE NOT SURE WHERE TO TURN? CALL THE FEDERAL INFORMATION CENTER. THEY CAN HELP YOU EITHER BY ANSWERING YOUR QUESTION DIRECTLY OR BY REFERRING YOU TO THE PERSON WHO DOES HAVE THE ANSWER. AND THEY ARE AS CLOSE AS YOUR PHONE. ALL YOU HAVE TO DO IS CALL ________________ TO REACH THE FEDERAL INFORMATION CENTER NEAREST YOU. THAT'S ______________________.

(See numbers below.)

# # # #

DIRECT CONTACTS FOR CONSUMERS (:30)

THERE ARE PHONE NUMBERS YOU CAN CALL TO GET HELP WITH CONSUMER PROBLEMS. AND MANY OF THOSE ARE TOLL-FREE. TO HELP YOU FIND THESE NUMBERS, SEND FOR A FREE, POCKET-SIZED BOOKLET CALLED DIRECT CONTACTS FOR CONSUMERS. IT LISTS THE DIRECT NUMBERS FOR MANY FEDERAL AND STATE AGENCIES. FOR YOUR FREE COPY, WRITE DIRECT CONTACTS, CONSUMER FOCUS, PUEBLO, COLORADO 81009. THAT'S CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

For information and help with your questions about the federal government, use the following list to contact the nearest Federal Information Center.

You can contact a Center toll free if you live in any of the cities listed below or in a state with and 800 area code number shown. If you live elsewhere, call the city listing closest to you for a minimum long distance charge.

TELEPHONE NUMBERS

ALABAMA
Birmingham (205) 322-8591
Mobile (205) 438-1421

ALASKA
Anchorage (907) 271-3650

ARIZONA
Phoenix (602) 261-3313
Tucson (602) 622-1511

ARKANSAS
Little Rock (501) 378-6177

CALIFORNIA
Los Angeles (213) 688-3800
Sacramento (916) 440-3344
San Diego (714) 293-6030
San Francisco (415) 556-6600
San Jose (408) 275-7422
Santa Ana (714) 836-2386

COLORADO
Colorado Springs (303) 471-9491
Denver (303) 837-3602
Pueblo (303) 544-9523

CONNECTICUT
Hartford (203) 527-2617
New Haven (203) 624-4720

FLORIDA
Fort Lauderdale (305) 522-8531
Jacksonville (904) 354-4756
Miami (305) 350-4155
Orlando (305) 422-1800
St. Petersburg (813) 893-3495
Tampa (813) 229-7911
West Palm Beach (305) 833-7566
Northern Florida (800) 282-8556
(Sarasota, Manatee, Polk, Osceola, Orange, Seminole, and Volusia counties and north)
Southern Florida (800) 432-6668
(Charlotte, DeSoto, Hardee, Highlands, Okeechobee, Indian River, and Brevard counties and south)

GEORGIA
Atlanta (404) 221-6891

HAWAII
Honolulu (808) 546-8620

ILLINOIS
Chicago (312) 353-4242

INDIANA
Gary/Hammond (219) 883-4110
Indianapolis (317) 269-7373

IOWA
Des Moines (515) 284-4448
Other locations (800) 532-1556

KANSAS
Topeka (913) 295-2866
Other locations (800) 432-2934

KENTUCKY
Louisville (502) 582-6261

LOUISIANA
New Orleans (504) 589-6696

MARYLAND
Baltimore (301) 962-4980

788

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JANUARY 1982

#788

GOOD TEETH AND YOUR BABY (:30)

WHILE THERE'S NO TRUTH TO THE OLD WIVES' TALE THAT YOU LOSE A TOOTH FOR EVERY BABY, THE DEPARTMENT OF HEALTH AND HUMAN SERVICES REMINDS MOTHERS TO-BE THAT GOOD DENTAL HABITS DURING PREGNANCY WILL PROTECT YOUR TEETH AND HELP YOUR BABY GET A GOOD HEAD START. BRUSHING AND FLOSSING YOUR TEETH IS CRITICAL TO WINNING THE BATTLE WITH TOOTH DECAY. AND IT'S ALSO IMPORTANT TO YOUR BABY'S TEETH AND BONES TO GET PLENTY OF CALCIUM IN YOUR DIET. GOOD SOURCES OF CALCIUM ARE MILK AND CHEESE, COLLARDS AND KALE, AND DRIED BEANS.

FOR A FREE COPY OF GOOD TEETH AND YOUR BABY, WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

NEWARK PUBLIC LIBRARY

JAN 21 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

GOOD TEETH AND YOUR BABY (:20)

IF YOU'RE PREGNANT, IT'S IMPORTANT TO TAKE VERY GOOD CARE OF YOUR TEETH. REGULAR FLOSSING AND BRUSHING WILL HELP PROTECT YOUR TEETH FROM DECAY. AND YOUR HEALTH HABITS WILL PROTECT YOUR UNKNOWN BABY TOO. CALCIUM IS IMPORTANT FOR YOUR BABY'S TEETH AND BONES. THAT'S WHY YOUR DIET SHOULD INCLUDE MILK AND CHEESE, COLLARDS AND KALE, AND DRIED BEANS. TO GET A FREE COPY OF GOOD TEETH AND YOUR BABY, WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JANUARY 1982

GOOD TEETH AND YOUR BABY (2:00) #788

WHILE THERE'S NO TRUTH TO THE OLD WIVES' TALE THAT YOU LOSE A TOOTH FOR EVERY BABY, THERE'S A LOT TO BE SAID FOR PRACTICING GOOD DENTAL HABITS DURING YOUR PREGNANCY. NOT ONLY WILL YOU PROTECT YOUR TEETH, BUT IT WILL HELP YOUR BABY GET A GOOD HEAD START. AT BIRTH, BABIES ALREADY HAVE ABOUT 20 TEETH GROWING INSIDE THEIR JAWS, SO MOTHER'S GENERAL HEALTH HABITS CAN AFFECT THE UNBORN CHILD'S DENTAL HEALTH.

THE DEPARTMENT OF HEALTH AND HUMAN SERVICES REMINDS YOU THAT CLEANING YOUR TEETH IS CRITICALLY IMPORTANT. TOOTH DECAY AND GUM DISEASE ARE CAUSED BY DENTAL PLAQUE--THAT STICKY FILM MADE OF MASSES OF GERMS CONTINUOUSLY FORMING IN THE MOUTH. WHEN SOME GERMS COME IN CONTACT WITH SUGAR FROM FOODS, THEY PRODUCE ACID THAT CAN EAT AWAY THE TOOTH ENAMEL AND A CAVITY BEGINS. CLEANING AWAY THE PLAQUE WILL HELP PREVENT BOTH DECAY AND GUM DISEASE.

AFTER EVERY MEAL OR SNACK, BRUSH YOUR TEETH CAREFULLY. IF YOU CAN BRUSH ONLY ONCE A DAY, DO IT AT BEDTIME. USE DENTAL FLOSS TO CLEAN BETWEEN YOUR TEETH BEFORE YOU BRUSH, AND USE A TOOTHPASTE CONTAINING FLUORIDE.

WATCH YOUR DIET. YOUR DOCTOR WILL GIVE YOU VITAMINS AND SOME SUGGESTIONS ABOUT YOUR DIET. CALCIUM, IMPORTANT FOR YOUR BABY'S TEETH AND BONES, IS PRESENT IN MILK AND CHEESE, COLLARDS AND KALE, AND DRIED BEANS. CALCIUM SHOULD BE AN IMPORTANT PART OF YOUR DAILY DIET DURING PREGNANCY.

(MORE)

Good Teeth and Your Baby/Add one

Eating lots of sweets and drinking soft drinks during pregnancy can lead to two problems--unwanted pounds and tooth decay. If you must have something sweet, eat it at mealtime and brush your teeth as soon as you eat it.

See a dentist regularly. If you have been seeing one on a regular basis, continue the habit during pregnancy. If you don't have a dentist, ask for an appointment through your local community health center or call the local dental society to see where you can get dental care.

For more information, including how to prevent baby bottle tooth decay and hints on your child's first dental visit, send for Good Teeth and Your Baby. It's free from Consumer Focus, Pueblo, Colorado 81009.

This announcement was brought to you as a public service by the Consumer Information Center of the General Services Administration and this station ____________________.
(Station call letters)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JANUARY 1982

GOOD TEETH AND YOUR BABY (:60) #788

WHILE THERE'S NO TRUTH TO THE OLD WIVES' TALE THAT YOU LOSE A TOOTH FOR EVERY BABY, THERE'S A LOT TO BE SAID FOR PRACTICING GOOD DENTAL HABITS DURING YOUR PREGNANCY. NOT ONLY WILL YOU PROTECT YOUR TEETH, BUT YOU'LL HELP YOUR BABY GET A GOOD HEAD START. AT BIRTH, BABIES ALREADY HAVE ABOUT 20 TEETH GROWING, SO A MOTHER'S HEALTH HABITS CAN AFFECT THE UNBORN CHILD'S DENTAL HEALTH.

THE DEPARTMENT OF HEALTH AND HUMAN SERVICES REMINDS YOU THAT CLEANING YOUR TEETH IS CRITICALLY IMPORTANT. TOOTH DECAY AND DISEASE ARE CAUSED BY DENTAL PLAQUE--THAT STICKY FILM MADE OF MASSES OF GERMS CONTINUOUSLY FORMING IN THE MOUTH. WHEN SOME GERMS COME IN CONTACT WITH SUGAR FROM FOODS, THEY PRODUCE ACID THAT CAN EAT AWAY THE TOOTH ENAMEL AND A CAVITY BEGINS. CLEANING AWAY THE PLAQUE WILL HELP PREVENT BOTH DECAY AND GUM DISEASE.

AFTER EVERY MEAL OR SNACK, BRUSH YOUR TEETH CAREFULLY. IF YOU CAN BRUSH ONLY ONCE A DAY, DO IT AT BEDTIME. USE DENTAL FLOSS TO CLEAN BETWEEN YOUR TEETH BEFORE YOU BRUSH, AND USE A TOOTHPASTE CONTAINING FLUORIDE.

GET A NEW TOOTHBRUSH EVERY THREE OR FOUR MONTHS. AND WATCH YOUR DIET. CALCIUM, IMPORTANT FOR YOUR BABY'S TEETH AND BONES, IS PRESENT IN MILK AND CHEESE, COLLARDS AND KALE, AND DRIED BEANS.

FOR A FREE COPY OF GOOD TEETH AND YOUR BABY, WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

789

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JANUARY 1982

#789

FIND AND FIX THE LEAKS (:30)

YOU CAN CUT ONE-THIRD TO ONE-HALF OF YOUR WINTER HEATING BILL, ACCORDING TO THE U.S. DEPARTMENT OF ENERGY. JUST PLUG UP AIR LEAKS AROUND WINDOWS AND DOORS, ELECTRICAL OUTLETS, PIPES AND WIRES, IN THE ATTIC AND WHEREVER TWO MATERIALS COME TOGETHER OUTSIDE THE HOUSE, SUCH AS AT THE FOUNDATION. YOU CAN DO THIS WITH A CAULKING GUN, A PUTTY KNIFE, AND SOME WEATHERSTRIPPING. IT'S EASY, AND WELL WORTH THE EFFORT.

AND, FOR MORE INFORMATION, SEND $2.50 FOR THE BOOKLET, FIND AND FIX THE LEAKS, TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBLIC LIBRARY
JAN 21 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

FIND AND FIX THE LEAKS (:15)

CAULKING AND WEATHERSTRIPPING ARE EASY TO DO, AND, ACCORDING TO THE U.S. DEPARTMENT OF ENERGY, CAN SAVE YOU A LOT OF MONEY ON YOUR WINTER HEATING BILL.

TO LEARN ABOUT ENERGY SAVING TECHNIQUES, SEND $2.50 FOR THE BOOKLET, FIND AND FIX THE LEAKS, TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

FIND AND FIX THE LEAKS (:10)

THERE'S A NEW BOOKLET THAT CAN HELP YOU SAVE MONEY ON YOUR WINTER HEATING BILL. FOR YOUR COPY OF FIND AND FIX THE LEAKS, JUST SEND $2.50 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11.9/3:

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

January 1982

Find and Fix the Leaks (2:00)

#789

You can cut your winter heating bills by ten to twenty-five percent. According to the U.S. Department of Energy, the way to do this is to stop the heat that may be literally leaking out of your home.

What can you do? Become a detective and look for the leaks. On a windy day, make a draft detector out of a piece of tissue paper and a coat hanger. Clip a strip of tissue onto the bottom rung of the hanger with two clothespins. Then hold near the suspected leaks. If the paper moves, you have a leak.

Check carefully around doors, windows, pipes and wires, and around electrical outlets. In the attic check around the chimney and where pipes and ducts come into the attic. But don't block the air vents around the edge of the roof. Make sure the door to the garage is adequately weatherstripped. And wherever different materials meet, like around the foundation seal, check carefully. The materials can shrink causing a major air leak.

First, take care of the obvious things, like a broken window or a leaky fireplace damper. But for the rest, you'll need some caulk and a caulking gun, and a putty knife. Clean any loose paint or dirt from the area to be caulked with a chisel or a solvent. Then cut the nozzle of the caulk cartridge at a 45 degree angle. Using the gun, run an even line of caulk around the windows, outside water faucets, and where two materials join. If the crack is large, you may have to use the putty knife to fill it in.

(more)

FIND AND FIX THE LEAKS/ADD ONE

THEN WEATHERSTRIP AROUND ALL THE DOORS AND MOVABLE PARTS OF WINDOWS. SPECIAL WEATHERSTRIPPING IS AVAILABLE FOR THE THRESHOLD AT THE BOTTOM OF DOORS AND FOR GARAGE DOORS.

AND THAT'S A GOOD START ON TIGHTENING UP YOUR HOME AND YOUR HEATING BILL. BUT IF YOU FIND THAT YOU ARE NOT FEELING WELL, OR YOUR WINDOWS ARE ALL COVERED WITH CONDENSATION, YOU MIGHT HAVE YOUR HOUSE INSULATED TOO MUCH, CAUSING AIR CONTAMINATION. IN THAT CASE, USE THE EXHAUST FAN OCCASIONALLY, OPEN A WINDOW SLIGHTLY WHEN NECESSARY OR LOOK INTO A HEAT EXCHANGER.

FOR MORE INFORMATION, SEND FOR THE BOOKLET, FIND AND FIX THE LEAKS. IT'S $2.50 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND THIS STATION ________________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JANUARY 1982

FIND AND FIX THE LEAKS (:60) #789

IF YOU THOUGHT YOU COULD KNOCK OFF A SIGNIFICANT PART OF YOUR WINTER HEATING BILL, WOULDN'T YOU WANT TO KNOW HOW? ACCORDING TO THE U.S. DEPARTMENT OF ENERGY, HEAT CAN LITERALLY LEAK OUT OF YOUR HOME. IN FACT, AIR LEAKAGE CAN ACCOUNT FOR UP TO ONE-HALF OF YOUR WINTER HEATING COSTS.

THE THINGS YOU CAN DO TO STOP THE PROBLEM ARE EASY AND INEXPENSIVE. FIRST, FIND THE LEAKS. START WITH THE OBVIOUS ONES: HOLES IN THE ATTIC, BROKEN WINDOWS, A FIREPLACE DAMPER THAT'S LEFT OPEN, OR A MAIL SLOT IN THE FRONT DOOR. THEN CHECK CAREFULLY AROUND ALL WINDOWS AND DOORS AND ELECTRICAL OUTLETS. YOU CAN DO THIS WITH A LEAK DETECTOR YOU MAKE YOURSELF. JUST ATTACH A PIECE OF TISSUE PAPER TO THE BOTTOM RUNG OF A COAT HANGER WITH TWO CLOTHES PINS. THEN HOLD THE DETECTOR IN FRONT OF A SUSPECTED LEAK. IF THE PAPER MOVES, YOU'VE GOT A PROBLEM.

FINALLY, BUY SOME CAULK, A CAULKING GUN, SOME WEATHERSTRIPPING, AND A PUTTY KNIFE. CAULK AROUND WINDOWS AND DOORS, BOTH INSIDE AND OUT.

THEN WEATHERSTRIP AROUND DOORS, THE MOVEABLE PARTS OF WINDOWS, AND THE GARAGE DOOR.

AND, FOR MORE INFORMATION, WRITE FOR THE BOOKLET, FIND AND FIX THE LEAKS. SEND $2.50 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

790

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

January 1982

Guide to Mental Health Services (:30) #790

Do you have a problem that you need to resolve?

If you don't have someone you can trust, or you feel like your problem is too big to share with a friend, a professional therapist may be the answer. According to the National Institute of Mental Health, finding the right therapist is an individual matter that requires some research. You could start by asking your minister or doctor, or by contacting your local medical bureau or Department of Mental Health, listed in the telephone book.

For more information, send for a free copy of Guide to Mental Health Services. Just write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

NEWARK PUBLIC LIBRARY

JAN 21 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

GS 11-9/

Federal
Consumer
Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

January 1982

Guide to Mental Health Services (2:00) #790

Have you had something bugging you lately? You know, the feeling that you're walking around with something on your mind you need to resolve? When this happens, it can really help to find someone you can talk to, because the pressure of keeping it inside can be very unhealthy.

If you don't have anyone you can trust, or you feel like your problems are too big to share with friends, someone with special training may be the answer. How can you locate a professional therapist?

According to the National Institute of Mental Health, finding the right counselor or therapist is like choosing a good lawyer. It is an individual matter that requires some research. You could start by asking your minister or doctor, or by contacting your local medical bureau or Department of Mental Health, listed in the telephone book. More than 700 centers in different parts of the country are operated by State and local groups and agencies. Many services are offered on a sliding scale, adjusted to what you can afford to pay.

Keep in mind that a therapist does not have to be a psychiatrist. Social workers, psychologists, group workers and others are specially trained to help people solve emotional difficulties.

Sometimes you may find that you don't "click" with the first therapist you visit. If you feel like you can't establish a good working relationship with one person, don't hesitate to go to another whose style may be suitable for you.

(more)

HOW CAN "JUST TALKING" HELP YOU SOLVE YOUR PROBLEMS? WHEN YOU TALK TO SOMEONE WHO IS TRAINED TO HELP OTHERS WITH SIMILAR PROBLEMS, YOU CAN LEARN TO SEE THE PATTERNS IN YOUR LIFE THAT HAVE LED TO YOUR UNHAPPINESS. IT'S THE THERAPIST'S JOB TO HELP YOU RECOGNIZE THESE PATTERNS, AND THEN IT'S UP TO YOU TO TRY TO CHANGE THEM.

FOR MORE INFORMATION, SEND FOR A COPY OF GUIDE TO MENTAL HEALTH SERVICES. IT'S FREE FROM THE CONSUMER INFORMATION CENTER, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND THIS STATION ________________________.
(STATION CALL LETTERS)

# # # #

**Federal
Consumer
Focus**

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

January 1982

Guide to Mental Health Services (:60)

#790

Has something been bugging you lately? You know, that nagging problem you need to resolve but don't know how? When this happens, it can really help to find someone to talk to, because the pressure of keeping it inside can be very unhealthy.

If you don't have anyone you can trust, or if you feel your problem is too big to share with friends, the answer may be to talk to someone with special training. How can you locate a professional therapist?

According to the National Institute of Mental Health, finding the right counselor or therapist is like choosing a good lawyer. It's an individual matter that requires some research. You could start by asking your minister or doctor, or by contacting your local medical bureau or Department of Mental Health, listed in the telephone book. Many services are offered on a sliding scale, adjusted to what you can afford to pay.

Keep in mind that a therapist does not have to be a psychiatrist. Social workers, psychologists, group workers and others are specially trained to help people solve emotional difficulties.

Sometimes you may find that you don't work well with the first therapist you visit. If you feel like you can't establish a good working relationship with one person, don't hesitate to go to another whose style may be more suitable for you.

For a free copy of Guide to Mental Health Services, write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

791

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JANUARY 1982

COLLEGE COSTS (:30) #791

A COLLEGE EDUCATION COULD BE A BARGAIN AT $9,000 A YEAR, OR TERRIBLY OVERPRICED AT A FRACTION OF THAT PRICE. IT'S NOT THE COST THAT DEFINES THE VALUE. IT'S THE QUALITY OF THE EDUCATION. AND HIGH QUALITY EDUCATION MIGHT BE AVAILABLE IN SCHOOLS THAT COST AS LITTLE AS A FEW HUNDRED DOLLARS. TO HELP YOU WITH THE COST DECISIONS, THE NATIONAL CENTER FOR EDUCATION STATISTICS HAS GATHERED INFORMATION ON TUITION AND FEES FROM MORE THAN 2,000 COLLEGES AND UNIVERSITIES IN THE UNITED STATES. FOR YOUR COPY OF THE 1981 EDITION OF COLLEGE COSTS, SEND $2.25 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

NEWARK PUBLIC LIBRARY

JAN 21 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

COLLEGE COSTS (:20)

THE QUALITY OF THE EDUCATION IS ALWAYS OF PRIME IMPORTANCE IN CHOOSING A COLLEGE. BUT COST IS ALSO A VERY BIG FACTOR. TO HELP YOU WITH THE COST DECISIONS, THE NATIONAL CENTER FOR EDUCATION STATISTICS HAS GATHERED TUITION AND FEE INFORMATION FROM MORE THAN 2,000 COLLEGES AND UNIVERSITIES IN THE U.S. FOR YOUR COPY OF THE 1981 EDITION OF COLLEGE COSTS, SEND $2.25 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11.9/

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

January 1982

College Costs (2:00) #791

A college education could be a bargain at $9,000 a year or terribly overpriced at less than half the price. But it's not the cost that defines the value. It's the quality of the education. However, price is certainly something you have to take into account. To help you with these cost decisions, the National Center for Education Statistics has gathered information on tuition and fees from more than 2,000 colleges and universities in the United States.

There are other things you need to consider when choosing a college. For instance, you'll want to know what the curriculum is, the size and make-up of the student body, and whether the school is private or state supported. You also need to decide whether you want to go away from home or commute to a local school.

Once you have answered these questions, the next step is to find schools that fit your requirements. Your high school guidance counselor should be your first source of information. The counselor knows what colleges other students from your high school attend, what the chances are for acceptance, and what type of school would best fit your needs.

Local public libraries also have books that list colleges and universities around the country. The books describe what areas of study the schools offer , their accreditation, admissions requirements, and where to write for additional information.

(MORE)

You should also write for catalogs from those colleges you're interested in. The catalog will tell you what the specific requirements are for admission, the availability of student aid, courses offered, qualifications of the faculty, and many other topics that will help you make a decision.

It's also helpful to talk with students from schools you might attend. They are good sources of what the college is really like, and they can answer questions the catalog won't.

Finally, when the choice is narrowed to those you really want to attend, visit the campuses. Many schools invite prospective students to spend a few days to find out what the actual program and students are really like.

And to get some idea of what different schools charge for tuition, room and board, send for College Costs. The book is $2.25 from Consumer Focus, Pueblo, Colorado 81009.

This announcement was brought to you as a public service by the Consumer Information Center of the General Services Administration and this station ____________________.
(Station call letters)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

January 1982

College Costs (:60) #791

There are few services other than a college education that vary in price from as little as a few hundred dollars to tens of thousands of dollars. And the quality isn't necessarily determined by the cost.

So, you need to consider other things when choosing a college. For instance, you'll want to know what the curriculum is, the size and make up of the student body, whether it is accredited, the qualifications of the faculty, and the availability of student aid.

The high school counselor can help you find schools that fit your requirements. Also check in the public library for books that list this type of information.

When you've found some colleges that interest you, write for their catalogs. The catalogs provide a great deal of specific information about the school. And talk to students attending the school. They can answer questions the catalog won't.

Finally, visit the schools you want to attend for a few days to get a feel for the actual program and what the students are like.

And to help you with some of the cost information, the National Center for Education Statistics has gathered tuition and fee charges from more than 2,000 colleges and universities throughout the United States. For your copy of College Costs, send $2.25 to Consumer Focus, Pueblo, Colorado 81009.

# # # #

792

Federal Consumer Focus

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794

January 1982

#792

Hypothermia (:30)

Hypothermia is a serious condition that mainly strikes people over the age of 64, especially during the cold months of the year. According to the U.S. Department of Health and Human Services, hypothermia causes the body's temperature to drop below 95°F., and if left untreated, can result in death. If you suspect hypothermia, take the victim's temperature. If it's below 95°F., get emergency medical help.

And, for more information, send for the free booklet, Hypothermia, to Consumer Focus, Pueblo, Colorado 81009.

NEWARK PUBLIC LIBRARY
JAN 21 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

Hypothermia (:20)

A serious drop in body temperature due to prolonged exposure to cool temperatures is called hypothermia. According to the U.S. Department of Health and Human Services, it often strikes victims over age 64.

To learn how to prevent the condition, send for the free booklet, Hypothermia, to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Hypothermia (:10)

Hypothermia strikes during the cold months, and many of its victims are over age 64. To learn about it, send for the free booklet, Hypothermia, to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

January 1982

Hypothermia (2:00)

#792

Everyone knows that winter cold can bring on the flu or frostbite. But few people are aware of another wintertime risk--accidental hypothermia. The condition usually strikes older people, and, according to the U.S. Department of Health and Human Services, about ten percent of people over the age of 64 are at risk.

How does hypothermia happen? When someone stays for a long time in a cool place, even as mildly cool as 60° to 65°, it can trigger a deadly drop in body temperature. Usually the condition comes on rather quickly, and if it's left untreated, the victim can die.

Some people are especially vulnerable to hypothermia during the winter months. People who live alone or who live in an isolated place, without a phone to reach help, can be especially vulnerable. Other potential signs are the inability to shiver or react normally to cold, and difficulty in moving around well.

Some medicines given for anxiety, depression or nausea also may place people at risk, because they affect body temperature regulation.

Physicians have discovered that with advancing age, many people become less able to resist the cold. And, the worst part about this is that they may not even know they are getting cold.

There are no strong scientific guidelines for the proper home temperature for an older person, but 65°F. seems to be adequate in most cases, although people who are sick may need higher indoor temperatures.

(more)

Hypothermia/Add one

Other measures to prevent hypothermia include dressing warmly during the day, eating enough food, and staying as active as possible. Since hypothermia often starts at night when the victim is sleeping, special care should be taken to keep warm in bed by wearing enough night clothes and using enough blankets.

The best way to detect hypothermia is by taking the person's temperature. If it is below 95°F. or does not register on an oral thermometer, repeat using a rectal thermometer for a more accurate reading. If the temperature is still below 95°, get emergency medical help by calling a doctor or ambulance immediately.

And, for further information, ask your doctor or local medical clinic for advice, or send a postcard for the free booklet, *Hypothermia* to Consumer Focus, Pueblo, Colorado 81009.

This announcement was brought to you as a public service by the Consumer Information Center of the General Services Administration and this station ________________________.
(Station call letters)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

January 1982

Hypothermia (:60) #792

Everyone knows that winter cold can bring on the flu or frostbite. But few people are aware of another wintertime risk--accidental hypothermia. What is it? According to the U.S. Department of Health and Human Services, hypothermia can happen when someone stays for a long time in a cool place, even as mildly cool as 60° to 65°. The condition usually strikes people over the age of 64. The victim's body temperature drops below 95°F., and unless the problem is treated, the victim can die.

The symptoms of hypothermia may include uncontrollable shivering, or the lack of any shivering, slurred speech, or drowsiness. But the best way to tell is to take the person's temperature. If it is below 95°F., or does not register on the thermometer, get medical help immediately.

In the meantime, keep the person warm with blankets, hot water bottles, or an electric heating pad. If none is available, use your own body heat to warm the victim by lying close to the person. Do not rub the person's limbs, or give them anything alcoholic.

For more information, contact your doctor or local health clinic, or send a postcard for the free booklet, Hypothermia, to Consumer Focus, Pueblo, Colorado 81009.

# # # #

793

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

January 1982

#793

Selecting & Growing Houseplants (:30)

With almost everything brown or leafless outdoors, some green foliage inside your home can be a welcome addition. Make a note of the light and temperature conditions at each spot where you'd like to have a houseplant. Then when you buy the plants, ask for varieties that are suited to those particular conditions. Also ask about each plant's watering needs--so you can avoid overwatering, the most common mistake that people make.

For more tips, send for Selecting and Growing Houseplants. It's $2.00 from Consumer Focus, Pueblo, Colorado 81009.

NEWARK PUBLIC LIBRARY
JAN 21 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

Selecting & Growing Houseplants (:20)

This is the time of year when houseplants can provide you with an especially welcome glimpse of green. But before you buy a plant, ask if it's suited to the light and temperature of the place where you want to put it. Also ask how much water it needs. Overwatering is the most common mistake.

Learn more in Selecting and Growing Houseplants. It's $2.00 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

GS 11.9/2:

**Federal
Consumer
Focus**

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

January 1982

Selecting & Growing Houseplants (2:00) #793

It may be quite a while before you can see anything green and growing outdoors, but inside your home--now, that's another matter. You can surround yourself right now with as much lush, luxuriant foliage as you're willing to tend. And growing healthy houseplants doesn't require any kind of special "green thumb." Here are some tips from the U.S. Department of Agriculture:

Make a note of the light and temperature conditions at each spot where you'd like to have a houseplant. Then when you buy the plants, ask for varieties that are suited to those particular conditions. A snake plant, for example, will grow almost anywhere that the temperature stays above 65 degrees. But succulents also need a lot of sunlight, while philodendrons and Chinese evergreens should be kept out of direct sun. Also ask about each plant's watering needs--so you can avoid overwatering, the most common mistake that people make.

The level of moisture in the air is another consideration. A lot of plants prefer more humidity than you'd ordinarily have in your home. Arrange plants like this in groups, and the air immediately around them will stay more moist. To boost the humidity around them further, fill a long tray with gravel, add water almost up to the level of the gravel, and arrange your potted plants in the tray. Add more water periodically to replace what's evaporated.

(MORE)

SELECTING & GROWING HOUSEPLANTS/ADD ONE

A MODIFICATION OF THIS SETUP WILL ALSO HELP YOU MAINTAIN THE RIGHT AMOUNT OF MOISTURE AROUND YOUR PLANTS' ROOTS. RUN A SHORT LENGTH OF WICK FROM BELOW THE WATER LEVEL IN THE TRAY UP THROUGH THE HOLE IN THE BOTTOM OF EACH POT. EACH PLANT'S ROOTS WILL THEN DRAW JUST THE AMOUNT OF MOISTURE THAT'S NEEDED--WITHOUT ANY OTHER FORM OF WATERING. YOU CAN BUY WICKS WHERE YOU GET YOUR OTHER PLANT SUPPLIES, OR MAKE THEM YOURSELF FROM COARSE ROPE OR TIGHTLY-ROLLED BURLAP.

TO KEEP YOUR PLANTS GROWING, RE-POT THEM IN LARGER CONTAINERS WHENEVER THEIR ROOTS FILL UP THE OLD ONES. BUT IF A PLANT IS ALREADY AS BIG AS YOU WANT IT, LEAVE IT WHERE IT IS. JUST REPLACE SOME OF THE SOIL AT THE TOP OF THE POT ONCE A YEAR.

FOR MORE TIPS, INCLUDING WATERING REQUIREMENTS FOR 61 VARIETIES, SEND FOR THE BOOKLET, SELECTING AND GROWING HOUSEPLANTS. IT'S $2.00 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND THIS STATION ________________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

January 1982

Selecting & Growing Houseplants (:60)

#793

You can't do much to make the trees sprout leaves again or make the grass hurry up and turn green, but you can treat your eyes to some lush, luxuriant foliage right inside your home. Here are some tips on houseplants from the U.S. Department of Agriculture:

Choose plants that are adapted to the environment where you're going to put them. A snake plant will grow almost anywhere that the temperature stays above 65 degrees. But succulents also need a lot of sunlight, while philodendrons and Chinese evergreens should be kept out of direct sun.

For a lot of species, you should raise the humidity in the immediate growing area. One way is to arrange your potted plants in a tray that's kept filled with gravel and water. Run rope "wicks" from below the water level up through the drainage holes of the pots, and you'll also maintain the right level of moisture around each plant's roots. This replaces watering from the top--along with the chance of watering too much, which is the most common mistake people make in raising houseplants.

For more tips, including care requirements for 61 varieties, send for Selecting and Growing Houseplants. It's $2.00 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

794

NEWARK PUBLIC LIBRARY
FEB 17 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

Federal Consumer Focus

Consumer Information Center
General Services Administration
Washington, DC 20405
(202) 566-1794

February 1982

Beef Grade Standards: Comment by March 31, 1982 (:90) #794

Beef is graded by the U.S. Department of Agriculture as Prime, Choice, Good, Standard, and Utility. The Utility grade meat is used primarily for canned meat products and for animal food.

Now the Department is proposing to change these grades and invites your comments by March 31, 1982.

One of the major factors used in grading beef is the marbling--or fat dispersed through a piece of meat. Marbling is one of the factors contributing to the tenderness, juiciness, and flavor of beef.

The proposal would allow leaner beef with less marbling to qualify for prime and choice grades but would not significantly lower the palatability of either grade. Beef in the Good grade which is now usually sold as the house grade would be leaner with lowered palatability.

The proposal provides that minimum marbling requirements for cattle about 30 months of age or less would be changed. The proposal would require "minimum moderate" marbling in Prime beef, "typical slight" marbling in Choice meat, and "minimum traces" of marbling in Good grades.

All young beef not meeting the minimum requirements for the Good grade would be graded Utility, and the Standard grade would be eliminated.

There would be no changes in the yield grade standards.

There will be public hearings on this proposal in Salt Lake City on February 9; in Atlanta on February 11; in Washington, DC on February 16; in Des Moines on February 22; and in Dallas on February 25.

(more)

GS 11. 9/3:

IF YOU ARE INTERESTED IN TESTIFYING AT ONE OF THESE HEARINGS, CONTACT THE ADMINISTRATOR, AMS, USDA, WASHINGTON, DC 20250.

WRITTEN COMMENTS WILL BE ACCEPTED THROUGH MARCH 31, 1982. SEND YOUR COMMENTS TO THE LIVESTOCK DIVISION, AMS, WASHINGTON, DC 20250. THAT'S LIVESTOCK DIVISION, AMS, WASHINGTON, DC 20250.

# # # #

Note: The Agricultural Marketing Service media contact is: Sheila Nelson, 202/447-8999.

The public hearings, each starting at 9 a.m. local time, will be held at:

-- Salt Lake City on February 9 at Wright Center, Airport Hilton Inn, 5151 Wiley Post Way;

-- Atlanta on February 11 at L.D. Strom Auditorium, Lower Plaza Level, R.B. Russell Federal Building, 75 Spring St. SW;

-- Washington, DC on February 16 at the Jefferson Auditorium, South Agriculture Building, 14th and Independence Avenue, SW;

-- Des Moines on February 22 at Henry A. Wallace Building, Auditorium, East 9th Street and Grand Avenue; and

-- Dallas on February 25 at the Dunfey Dallas Hotel, 3800 W. Northwest Highway.

The proposal was published in the December 30, 1981 issue of the Federal Register. Copies should be available in your local library.

Federal Consumer Focus

FEBRUARY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

HOME AIR POLLUTION (2:00) #794

AIR POLLUTION HAS BEEN DROPPING NATIONWIDE. BUT THERE IS ONE PLACE WHERE POLLUTION IS BECOMING MORE CONCENTRATED: IN HOMES. WHEN ENERGY PRICES ROSE RAPIDLY, PEOPLE SPENT MONEY TO TIGHTEN UP THEIR HOUSES SO THE COLD AIR IN WINTER AND THE HOT AIR IN SUMMER WOULD NOT LEAK IN. BUT IN SOME CASES, THE HOUSES ARE NOW SO AIR-TIGHT THAT THERE IS NOT ENOUGH CIRCULATION TO REMOVE POLLUTANTS CAUSED BY HOME EQUIPMENT AND ACTIVITIES.

FOR INSTANCE, COOKING AND BATHING ADD WATER VAPOR TO THE AIR. IN MANY OLDER HOUSES, THE VAPOR IS BLOWN AWAY THROUGH THOSE LEAKY WINDOWS WITHOUT EVER BUILDING UP. BUT IN AN AIR-TIGHT NEW HOUSE, THE WATER VAPOR CAN CREATE HIGH HUMIDITY LEVELS. AND, SINCE CERTAIN SPORES AND BACTERIA THRIVE IN HIGH HUMIDITY, ILLNESSES MAY RESULT.

FORMALDEHYDE IS ANOTHER PROBLEM. IT IS USED IN A LARGE NUMBER OF PRODUCTS INCLUDING PARTICLE BOARD, CHIPBOARD, AND UREA-FORMALDEHYDE FOAM INSULATION. IT CAN ALSO BE A PRODUCT OF COMBUSTION.

COMBUSTION IS ALSO THE SOURCE OF NITROGEN OXIDES, CARBON MONOXIDE, AND PARTICULATES--THE LAST PRIMARILY FROM TOBACCO, BURNING WOOD, COAL, AND OTHER FUELS.

IF YOU SEE A BUILDUP OF WATER VAPOR ON YOUR WINDOWS THAT DOES NOT GO AWAY WHEN YOU STOP COOKING OR USING THE BATHROOM, USE THE VENT FANS IN THE KITCHEN AND BATHROOM. THE VENT FANS WILL ALSO HELP GET RID OF THE PRODUCTS OF COMBUSTION.

(MORE)

Home Air Pollution/Add one

Formaldehyde is more difficult, but the vents will help if it is the result of combustion. A coat of a good sealant on chipboard or particleboard can also help overcome that source, according to some experts.

But the best thing to do is increase the amount of air entering the house. You can do this without losing much of your heat in the winter or cooling in the summer by buying a heat exchanger. While these exchangers are not cheap, they could save enough money to pay for themselves in a few years.

The U.S. Department of Energy has a booklet that will tell you about ways to cut the amount of air leaking into your house as well as how to handle indoor pollution. For your copy of Find and Fix the Leaks, send $2.50 to Consumer Focus, Pueblo, Colorado 81009. That's Find and Fix the Leaks for $2.50 from Consumer Focus, Pueblo, Colorado 81009.

This announcement was brought to you as a public service by the Consumer Information Center of the General Services Administration and this station ____________________.
(Station call letters)

# # # #

Home Air Pollution (:30)

Old houses are drafty. But those drafts blow away many pollutants that develop in the home. New houses that are well insulated, however, can be so tight that pollutants build up. So if you notice excessive humidity in your house, the chemical smell of formaldehyde, or drowsiness or headaches from carbon monoxide concentrations, use the vent fans in your kitchen and bathroom. Or get a heat exchanger that will bring in fresh air without losing much heat. For more information, send for the U.S. Department of Energy booklet, Find and Fix the Leaks. It's $2.50 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

795

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

FEBRUARY 1982

SELF-SERVICE GAS-UP (:30) #795

PUMPING YOUR OWN GAS CAN SAVE YOU MONEY, BUT MAKE SURE YOU GIVE YOUR CAR ALL THE CHECKS AND SERVICING IT NEEDS. FOR EXAMPLE, YOU SHOULD CHECK YOUR TIRES WITH AN AIR PRESSURE GAUGE EVERY MONTH OR 500 MILES. IT'S SAFER TO BE A FEW POUNDS OVERINFLATED THAN A FEW POUNDS UNDERINFLATED, BUT THE PRESSURE SHOULD NEVER EXCEED THE "MAXIMUM P.S.I." RATING STAMPED ONTO THE SIDEWALL OF EACH TIRE.

FOR MORE TIPS, SEND FOR THE BOOKLET, SELF-SERVICE GAS-UP. IT'S $1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBLIC LIBRARY
FEB 17 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

SELF-SERVICE GAS-UP (:20)

WHEN YOU USE SELF-SERVICE GAS PUMPS, IT'S UP TO YOU TO REMEMBER ALL THE ROUTINE CHECKS AND SERVICING THAT YOUR CAR NEEDS. AT LEAST EVERY MONTH OR 500 MILES, CHECK YOUR OIL, BATTERY, WINDSHIELD WASHER FLUID, AND TIRE PRESSURE. LEARN HOW TO DO IT ALL IN THE BOOKLET, SELF-SERVICE GAS-UP--$1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11.9/2.

**Federal
Consumer
Focus**

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

February 1982

Self-Service Gas-Up (2:00)

#795

If you pump your own gas, make sure you give your car all the routine checks and servicing it needs.

At every fill-up, look over your tires to see that none of them is low on air. Also, wash any dirty exterior glass. Clean your windshield wiper blades at the same time you do your windshield. And don't neglect side or rear windows, mirrors, headlights, or taillights. Did you know that dirty lenses can reduce your headlights' efficiency by as much as 75 percent?

Every month or 500 miles, check your tires more carefully with an air pressure gauge. It's best to carry your own--it will generally be more accurate than the one that stations provide. Your owner's manual will tell you the correct pressure for your tires. It's safer to be a few pounds overinflated than a few pounds underinflated, but the pressure should never exceed the "maximum p.s.i." rating stamped onto the sidewall of each tire.

Every month or 500 miles is also the time to open your hood and check your oil with the dipstick. (If you don't know how to do this, watch the attendant at a full-service station.) Don't add oil until you're down to the "add one quart" mark on the dipstick, but as soon as you reach this level, add a can of premium-grade oil immediately.

(more)

SELF-SERVICE GAS-UP /ADD ONE

WHILE YOU'VE GOT THE HOOD UP, POP OFF THE FILLER CAPS ON YOUR BATTERY AND SEE IF IT NEEDS WATER. IF IT DOES, BE SURE TO USE DISTILLED WATER. ALSO, TAKE A LOOK AT YOUR BATTERY TERMINALS. CORROSION HERE CAN NOT ONLY CAUSE PROBLEMS IN STARTING, IT CAN ALSO THROW YOUR CAR'S IGNITION SYSTEM OUT OF WHACK WHEN IT'S RUNNING. KEEP THE TERMINALS CLEAN WITH A WIRE BRUSH.

BEFORE YOU CLOSE UP YOUR HOOD, TAKE A GLANCE AROUND THE REST OF THE ENGINE COMPARTMENT. NOTICE THINGS LIKE THE LEVEL OF FLUID IN YOUR WINDSHIELD WASHER RESERVOIR. SEE IF ANY BELTS OR HOSES SHOW SIGNS OF WEAR OR DRY ROT. AND BE ON THE LOOKOUT FOR TELLTALE POOLS, DRIPS, OR SPATTERS OF ENGINE FLUIDS. SPOTTING PROBLEMS EARLY CAN SAVE YOU MONEY ON REPAIR BILLS.

FOR MORE INFORMATION, SEND FOR A COPY OF SELF-SERVICE GAS-UP --$1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

**Federal
Consumer
Focus**

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

February 1982

Self-Service Gas-Up (:60) #795

When you pull up to the self-service gas pump, it's up to you to remember all the routine checks and servicing that an attendant would otherwise have performed for you.

At every fill-up, look over your tires to see that none of them is low on air. Also, wash any dirty exterior glass. Clean your windshield wiper blades at the same time you do your windshield. And don't neglect side and rear windows, mirrors, headlights or taillights. Did you know that dirty lenses can reduce your headlights' efficiency by as much as 75 percent?

Every month or 500 miles, check your tires more carefully with an air pressure gauge. And use the dipstick to check your oil. Is there enough fluid in your car's windshield washer reservoir? Check your battery, too--and if you need to add water to it, make sure you use distilled water.

Following these few procedures will do a lot to ensure that your car keeps on performing the way it's supposed to. But don't stop there. Learn all the routine servicing you can perform in the booklet, Self-Service Gas-Up. It's $1.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

796

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

February 1982

How To Protect Yourself Against Sexual Assault (:30) #796

If you come home and find a door or window open, or there are signs of a forced entry, don't go in. The intruder could still be inside--and what started out as a burglary could end up as a rape.

Rape can happen to anyone, but it doesn't have to happen to you. Learn how to reduce your risks in the booklet, How to Protect Yourself Against Sexual Assault. It's $2.25 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

NEWARK PUBLIC LIBRARY
FEB 17 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

How To Protect Yourself Against Sexual Assault (:20)

The stranger at your door who wants to use your telephone may not actually be a rapist--but why take a chance? Ask him to wait outside while you make the call yourself.

To learn other ways of reducing your risks, send for the booklet, How to Protect Yourself Against Sexual Assault. It's $2.25 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus
February 1982

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794

How To Protect Yourself Against Sexual Assault

Supplemental Information

REDUCING YOUR RISK

Outdoors

Most rapes occur outside, on the streets, or in parks, playgrounds, or schoolyards. Be alert to your surroundings and the people around you, particularly if it's dark or you're alone. Stay in well-lighted areas as much as possible. Walk on the side of the street facing traffic--away from doorways, bushes, and alleys where rapists can hide. Keep your stride steady and confident. Rapists look for someone who appears vulnerable.

In Your Car

Park in well-lighted areas. Check the back seat before you get in. Lock the doors while you're driving, and lock them again when you get out. If you think you're being followed, drive to a public place or police station.

At Home

Make sure your entry doors are sturdy--either solid core wood, at least 1-3/4 inches thick, or metal. Don't rely on chain locks, which can be easily broken by a man of average size. A better bet is a deadbolt with a one-inch throw. If you've just moved into your house or apartment, have the locks changed or re-keyed.

Install a peephole viewer in your door, and be careful who you let inside. Reputable salesmen and repairmen will be happy to show you their identification--or to let you call their offices, to make doubly sure.

If you live in an apartment, try to avoid being alone in the laundry room or garage, especially at night.

IF YOU'RE A VICTIM

Don't Hurt Yourself Further

Feelings of shame or misplaced guilt often compound the ordeal of the rape itself. Many victims mistakenly blame themselves--telling themselves they "should have fought back harder," for example, or that they were somehow "dressed too seductively." Some women feel so ashamed they don't tell anybody what's happened; and as a result, they don't receive the help they urgently need.

Don't let this happen to you. You did what you had to do to survive. There is no reason for you to feel guilty. It is the rapist who committed the crime.

It may help you to know more about the underlying nature of this crime. Because it involves sex, many people imagine that rape must be motivated by sexual desire. It's not. The rapist's object is hostile and violent--to hurt, humiliate and degrade another human being. Sex is only the weapon. And it is a weapon that is used even against small children and elderly grandmothers.

(more)

Get Help Immediately

You're the victim of a violent physical attack, even if you don't show so much as a bruise. You need prompt medical attention.

You've also been brutalized emotionally, about as seriously as anybody can be. Healing this damage is just as important as taking care of your body.

The first thing you should do after an assault is see if there's a rape crisis center in your area. Most facilities like this have "hotlines" that operate 24 hours a day. Look in the white pages of your phone book, or just pick up the telephone and ask the information operator. If you can locate a rape crisis center--and a good many communities have them--let the specially-trained volunteers take over. They understand what you've been through, and they know what has to be done. Among other things, they'll help you get medical attention and facilitate your contacts with the police.

If you call the police first, they can send somebody over right away, take you to the hospital, and put you in touch with community services. Many police departments today have special sex-offense units, staffed by people who are trained and sensitive to rape victims' needs. Some work in teams of one male and one female officer.

If you'd rather call a friend, do that. But also call a hospital emergency room for the immediate medical advice you need. And remember not to change your clothes, wash, or douche until you've been given a physical examination. You could destroy valuable evidence that's needed to get your attacker off the streets.

GETTING THE RAPIST OUT OF CIRCULATION

There's a very important fact you should know about rapists: Most are repeat offenders. They strike again and again, sometimes assaulting dozens of women every year.

Another important fact: In more than a third of reported cases, the rapist was known to the victim--as an acquaintance, neighbor, "friend," or relative.

No matter who it was that attacked you, he's likely to go on committing rapes. The police need your help. The information you provide them will be useful even if you later decide not to press charges.

FOR MORE INFORMATION

Contact the National Center for the Prevention and Control of Rape, Room 10C03, Parklawn Building, 5600 Fishers Lane, Rockville, MD 20857. A multi-media packet is available, as well as a bibliography of references.

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

February 1982

How To Protect Yourself Against Sexual Assault (:60) #796

Rape is a threat for every woman, but you have more defenses than you might realize. Here's an example from the U.S. Department of Justice of the kind of experience you can avoid:

A car pulls up next to a woman walking along the sidewalk. The driver leans over and asks for directions. When the woman steps closer to speak, the driver pulls a gun and tells her to get in.

Your defense against this kind of experience is simple. Go ahead and give directions--but maintain your distance from any unfamiliar car.

What to do if a car follows you? Turn around and walk in the opposite direction. Or walk on the opposite side of the street. Either way, you make it more difficult for the driver. And you may attract other people's attention.

That's a good defense in almost any situation. So don't be shy about using it. If you feel threatened, go ahead and scream--right away. Or smash a window. Or yell "Fire!" That gets everybody's attention.

Learn more in the booklet, How to Protect Yourself Against Sexual Assault. It's $2.25 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

797

Federal Consumer Focus

Consumer Information Center
General Services Administration
Washington, DC 20405
(202) 566-1794

February 1982

Cognitive Development (:30) #797

Life is a big adventure to children. Since they're curious and eager to learn most of the time, it's easy to help kids acquire skills in language, understanding and memory. The potential for a child's intellectual behavior does not simply unfold. According to the U.S. Department of Health and Human Services, parents can significantly improve their children's learning and thinking through care and attention. To learn how, send for a copy of the booklet *Cognitive Development*. It's $1.75 from Consumer Focus, Pueblo, Colorado 81009.

NEWARK PUBLIC LIBRARY
FEB 17 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

Cognitive Development (:15)

Life is one big adventure to children. Since they're curious and eager to learn most of the time, the way you interact with them actually can help their development. To learn how, send for a copy of the booklet *Cognitive Development*. It's $1.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

February 1982

Cognitive Development (2:00) #797

Life is one big adventure to children. Since they're curious and eager to learn most of the time, it's easy to help them acquire skills in language, understanding, and memory.

Just how can you help your child's mind grow? The National Institute of Mental Health reminds us that your response is very important to a child's development. When you talk and play with your baby, you stimulate its senses. The interaction helps your baby become confident. Simple games like peek-a-boo and patty-cake can actually improve the relationship between parent and child and, at the same time, lay the groundwork for more complicated learning.

You can really help your child develop the potential for intelligent behavior by encouragement, affection, and tender, loving care. In addition, stimulation from the environment helps your baby grow emotionally.

Later when your children can talk, be sure to give thoughtful answers to their questions. Explain things rather than giving a yes or no answer. Ask your child's opinion about an idea, object, or situation. Help your youngster figure out more than one way to solve a problem or to find the information needed.

The more the child is challenged, the more learning speeds up and the world grows larger. But don't go overboard, since too many and too complex directions may make the child give up and stop trying, or respond with anger and rebellion.

(MORE)

WHEN A CHILD HAS BOTH A CHOICE AND A VOICE IN A PROJECT, YOU'RE MORE LIKELY TO CAPTURE INVOLVEMENT AND INTEREST. AND WHEN POSITIVE ACTIONS ARE REWARDED (FOR EXAMPLE BY GIVING YOUR ATTENTION), THESE ACTIONS ARE MORE LIKELY TO BE REPEATED.

YOUR CHILD'S INTELLECTUAL DEVELOPMENT DOESN'T HANG ON A SINGLE ACT, BUT ON AN ATTITUDE THAT ENCOURAGES ENTHUSIASM FOR LEARNING AND NEW IDEAS. YOUR CHILD IMITATES YOU, OBSERVING HOW YOU LEARN AND DEAL WITH YOUR OWN PROBLEMS AND QUESTIONS.

FOR MORE INFORMATION, SEND FOR A COPY OF THE BOOKLET, COGNITIVE DEVELOPMENT. IT'S $1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTATION AND THIS STATION ______________________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

February 1982

Cognitive Development (:60) #797

Life is one big adventure to children. Since they're curious and eager to learn most of the time, it's easy to help them acquire skills in language, understanding and memory.

Just how can you help your child's mind grow? The U.S. Department of Health and Human Services reminds us that your response is very important to a child's development. When you talk and play with your baby, you stimulate its senses. The interaction helps your baby become confident and interested in learning. Simple games like peek-a-boo and patty-cake can actually improve the relationship between parent and child and, at the same time, lay the groundwork for more complicated learning.

You can really help your child develop the potential for intelligent behavior by encouragement, affection and tender, loving care. Stimulation from the environment does help your baby grow intellectually.

To learn how, send for a copy of the booklet Cognititve Development. It's $1.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

798

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

February 1982

#798

Dwarf Fruit Trees (:30)

When's the best time of year to plant dwarf fruit trees? According to USDA, it's best to plant in early spring rather than in the fall. Plant the seedling at the same height it was in the nursery, and lime but do not fertilize the soil at the time of planting. Then mulch around the roots every year, keeping the mulch away from the trunk.

And for more information about dwarf fruit trees, send $1.75 for the booklet Dwarf Fruit Trees to Consumer Focus, Pueblo, Colorado 81009.

# # # #

NEWARK PUBLIC LIBRARY
FEB 17 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

Dwarf Fruit Trees (:15)

Dwarf fruit trees take up less space and produce better fruit than standard trees, according to the U.S. Department of Agriculture. It's best to plant in early spring with the trees spaced 6 to 8 feet apart.

And to learn more, write for the booklet, Dwarf Fruit Trees. Send $1.75 to Consumer Focus, Pueblo, Colorado 81009.

# # # #

GS 11.9/2:

**Federal
Consumer
Focus**

February 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Dwarf Fruit Trees (2:00)

#798

There is nothing like growing your own fruit, and you don't need a farm-size yard to do it. You can start your own backyard orchard with dwarf fruit trees.

According to the U.S. Department of Agriculture, early spring is the best time to plant. You should place your trees six to eight feet apart in soil that drains well. If you're not sure whether your soil is adequate, dig a hole for the tree and fill it with water. If the water drains out within 24 hours, the soil is good enough for dwarf trees. If not, find another location.

Plant the tree deep enough just to cover the soil line where the bark changes color. It's better to plant it too high than too deep. Pack good topsoil around the roots and water it well. Don't apply fertilizer at planting time. From the second year on, fertilize only when the shoots grow less than twelve to eighteen inches a year and the leaves are light green.

It's a good idea to mulch the tree periodically, but keep the mulch away from the trunk. Sharp bluestone chips can be placed around the trunk if they are available.

Pulling or bending the branches down to near horizontal position in June or July promotes flower buds for the next year. You can do this with a string tied from the shoot to the base of the tree. Or use a clothespin to attach a weight to the end of the shoot. Release the shoot in about three weeks.

(more)

Dwarf Fruit Trees/add one

A dwarf tree will grow to about six to eight feet, compared with standard fruit trees that may grow as high as twenty feet. The dwarf trees use sunshine better and produce excellent fruit. And because of their small height, they'll also be easier to spray, prune, and harvest.

Actually, pruning may increase the size of the tree and will delay fruiting. So it may be best to restrict severe pruning, expecially during the winter months.

For more information about planting, growing, and varieties of dwarf fruit trees, send for a copy of the booklet, Dwarf Fruit Trees. It's $1.75 from Consumer Focus, Pueblo, Colorado 81009.

This announcement was brought to you as a public service by the Consumer Information Center of the General Services Administration and this station ______________________________.
(Station call letters)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

February 1982

Dwarf Fruit Trees (:60)

#798

A seedling dwarf fruit tree doesn't look like much--just a stick with a burlap rootball. It's hard to imagine that this little stem will produce abundant fruit year after year.

But according to the U.S. Department of Agriculture, dwarf fruit trees yield better fruit, using less backyard space than standard-sized trees. The trees must be planted in well-drained soil. In poorly drained soil, dwarf fruit trees will soon die. It's probably best to plant the tree in early spring. If winters are generally mild, you can plant in either late fall or early spring.

Plant the tree at the same depth as it was at the nursery. It's better to plant the tree too high than too deep.

Dwarf trees require well-limed soil, which you can do at the same time you plant. Mix a good amount of limestone into the soil dug out from the hole. Do not fertilize. From the second year on, apply fertilizer only when the shoots make less than 12 to 18 inches of growth and the leaves are light green.

Mulch every year to prevent overheating of the soil and to ensure even moisture supply.

And, for more information, send for the booklet, Dwarf Fruit Trees. It's $1.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

799

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

FEBRUARY 1982

EXERCISE AND WEIGHT CONTROL (:30) #799

THE MAIN DIFFERENCE BETWEEN MANY OBESE PEOPLE AND THIN PEOPLE IS NOT HOW MUCH THEY EAT, BUT HOW ACTIVE THEY ARE. THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS NOTES YOU COULD GAIN TEN POUNDS A YEAR BY ADDING ONE SOFT DRINK A DAY TO THE NUMBER OF CALORIES YOU NEED FOR YOUR WEIGHT AND ACTIVITY LEVEL. BUT BY ADDING THIRTY MINUTES OF EXERCISE A DAY INSTEAD, YOU COULD LOSE 25 POUNDS A YEAR. IN ADDITION, EXERCISE WILL IMPROVE YOUR HEART AND LUNG CAPACITY. SO START A VARIED EXERCISE PROGRAM TODAY. AND KEEP IT UP. FOR MORE INFORMATION, SEND $1.75 FOR A COPY OF EXERCISE AND WEIGHT CONTROL TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBLIC LIBRARY

FEB 17 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

EXERCISE AND WEIGHT CONTROL (:20)

IF YOU ADD THIRTY MINUTES OF MODERATE EXERCISE A DAY, YOU COULD LOSE 25 POUNDS IN A YEAR. AND IF YOU CUT YOUR EATING SLIGHTLY, THE LOSS COULD BE GREATER. SO START AN EXERCISE PROGRAM WITH MANY DIFFERENT ACTIVITIES SO YOU DON'T GET BORED. WALK, SWIM, DANCE, BICYCLE. BUT DO IT REGULARLY. FOR MORE INFORMATION, SEND $1.75 FOR A COPY OF EXERCISE AND WEIGHT CONTROL TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

GS 11 9/2.

**Federal
Consumer
Focus**

February 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Exercise and Weight Control

Supplemental Information

There are two widely held misconceptions about exercise and weight control: The first is that a great deal of time and effort are required to use up enough calories to affect your weight. The second is that exercise increases the appetite, and, therefore, it will make you gain weight rather than lose it.

The truth is that it takes very little exercise to make the difference between gaining weight and losing it. For instance, if a woman eats about 100 calories a day more than she needs (a piece of bread), she could gain ten pounds in a year. But if instead she adds a mile of vigorous walking each day -- which takes about 20 minutes -- she'll lose ten pounds in a year. Tie the increase in exercise with a slight reduction in calories, and there will be a significant weight loss with little effort.

And the increase in exercise will not increase the appetite. While a lean person might eat more following vigorous exercise to replace the calories used, the obese person does not react in the same way. Since the calories used in exercise come from body fat to a great extent, the overweight person generally will not find that exercise stimulates the appetite.

What type of exercise should a person undertake? Health authorities recommend regular activity that uses many parts of the body and is strenuous enough to tax the muscles and produce a sense of healthful fatigue.

The exercise should be suited to age and physical condition. It's best to check with a doctor before launching a vigorous exercise program. Some people have medical problems that could be aggravated by the wrong kind of exercise.

The idea is to set up a regular schedule of exercise. Thirty minutes to an hour a day five times a week should not only help control weight, but also improve the efficiency of the heart and lungs.

Exercise does not have to be the same thing each time. In fact, to prevent boredom consider a number of options. A brisk walk one day, jogging another, swimming laps, a weekly dance, and a bicycle ride on the weekend will provide a well rounded exercise program without repeating. It also gives options for exercise even when the weather is not pleasant outside.

But keep a record of activities. That way, it is easy to see how endurance and stamina have improved, and where there should be more work.

Finally, there are exercises that can be added during the course of the day. Instead of using the elevator, walk up and down the stairs. Rather than catch the bus outside the door, walk two or three stops. Take a walk at lunch instead of just sitting and eating. Use hand tools in the shop or kitchen instead of electric aids. To improve balance, put on and remove shoes and socks while standing.

(more)

These little bits of action, while not taxing, are cumulative in their good effects. And every calorie burned is one less to add to fat.

And if the trip to the snack bar is still a necessity, walk fast up and down the steps. At least it will balance those calories out to some extent.

The following chart shows the hourly energy expenditure by a 150 pound person in various activities:

Activity	*Gross Energy Cost-Cal per hr.*
A. Rest and Light Activity	**50–200**
Lying down or sleeping	80
Sitting	100
Driving an automobile	120
Standing	140
Domestic work	180
B. Moderate Activity	**200–350**
Bicycling (5½ mph)	210
Walking (2½ mph)	210
Gardening	220
Canoeing (2½ mph)	230
Golf	250
Lawn mowing (power mower)	250
Bowling	270
Lawn mowing (hand mower)	270
Fencing	300
Rowboating (2½ mph)	300
Swimming (¼ mph)	300
Walking (3¾ mph)	300
Badminton	350
Horseback riding (trotting)	350
Square dancing	350
Volleyball	350
Roller skating	350
C. Vigorous Activity	**over 350**
Table tennis	360
Ditch digging (hand shovel)	400
Ice skating (10 mph)	400
Wood chopping or sawing	400
Tennis	420
Water skiing	480
Hill climbing	490
Skiing (10 mph)	600
Squash and handball	600
Cycling (13 mph)	660
Scull rowing (race)	840
Running (10 mph)	900

For more information, send for a copy of Exercise and Weight Control. It's $1.75 from Consumer Focus, Pueblo, Colorado 81009.

Federal Consumer Focus

February 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Exercise and Weight Control (:60) #799

Are you wrestling with that winter beast known as the scale monster? You know, the one that keeps making the scale read ten pounds higher? You're not alone in this battle. This is the time of year when many folks are plotting to get rid of extra pounds while getting in shape for springtime frolicking.

But studies show that lack of exercise may be as much the cause of overweight as overeating. So to be really successful as a dieter, the President's Council on Physical Fitness and Sports recommends a balance between exercise and calorie intake. A good exercise program can result in the loss of 25 pounds in a year, so long as the amount of food you eat stays the same. And if you cut back on the amount you eat, the loss could be even greater.

So check with your doctor. Then start a regular, four or five time a week exercise program. And keep it up. That gradual weight loss will be easier to keep off than the weight you lose on a crash diet.

For more information, send for a copy of Exercise and Weight Control. It's $1.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

800

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

FEBRUARY 1982

A WOMAN'S GUIDE TO SOCIAL SECURITY (:30) #800

DIVORCED WOMEN WHO WERE MARRIED TO THEIR EX-HUSBANDS FOR AT LEAST 10 YEARS ARE ELIGIBLE TO RECEIVE SOCIAL SECURITY RETIREMENT BENEFITS WHEN THEY TURN 62 YEARS OF AGE. THIS AND OTHER FACTS ARE CONTAINED IN A FREE BOOKLET, A WOMAN'S GUIDE TO SOCIAL SECURITY, FROM THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES. FOR YOUR FREE COPY, SEND A POSTCARD TO CONSUMER FOCUS, PUEBLO, COLORADO 81009. THAT'S CONSUMER FOCUS, PUEBLO, COLORADO 81009.

NEWARK PUBLIC LIBRARY
FEB 17 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

A WOMAN'S GUIDE TO SOCIAL SECURITY (:15)

WANT TO LEARN THE FACTS ABOUT WOMEN AND SOCIAL SECURITY? SEND FOR A FREE COPY OF THE BOOKLET, A WOMAN'S GUIDE TO SOCIAL SECURITY TO CONSUMER FOCUS, PUEBLO, COLORADO 81009. THAT'S CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11.9/2

**Federal
Consumer
Focus**

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

February 1982

A Woman's Guide to Social Security (2:00) #800

If you are a divorced woman, and were married to your ex-husband at least 10 years, you can receive Social Security retirement benefits when you turn 62 years of age, according to the U.S. Department of Health and Human Services.

Women should also make sure that all Social Security records show their correct name. This is especially true for employed women, since employers report earnings under the name you give. So, whenever you change your name, whether because of marriage, divorce, or other reason, you should notify Social Security.

To report a name change, just fill out an Application for a Social Security Number Card, and show proof of identity under both the old name and the new name. You can pick up the form at any Social Security office, and find out there what documents you need for proof of identity.

If you should become disabled and can't work for a year or more, you are eligible for disability checks, provided you have worked long enough. These benefits start on the sixth full month of disability and continue as long as the disability persists. After 24 months of disability payments, you're also eligible for Medicare protection.

While collecting disability benefits, payments are also given to unmarried children under 18. This includes stepchildren and legally adopted children.

(more)

To get social security benefits, you need credit for a certain amount of work, depending on your age. The credits are measured in "quarters of coverage." Starting in 1980, employees and self-employed people received one quarter of coverage for each $290 of annual earnings, with no more than four quarters credited in any one year.

If you interrupt your career to raise children, the amount of monthly benefit could be affected. If several years of no or low earnings have to be counted, your benefit will be lower than if you worked throughout your life. If you stop working, the credit you've earned stays on your record, and you can add to it by subsequently returning to work under social security.

And for more information, send for the free booklet, A Woman's Guide to Social Security to Consumer Focus, Pueblo, Colorado 81009.

This announcement was brought to you as a public service by the Consumer Information Center of the General Services Administration and this station ____________________.
(Station call letters)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

FEBRUARY 1982

A WOMAN'S GUIDE TO SOCIAL SECURITY (:60) #800

IF YOU ARE A DIVORCED WOMAN, AND WERE MARRIED TO YOUR EX-HUSBAND AT LEAST 10 YEARS, YOU CAN RECEIVE SOCIAL SECURITY RETIREMENT BENEFITS WHEN YOU TURN 62 YEARS OF AGE, ACCORDING TO THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES.

AND, SHOULD YOU BECOME DISABLED AND CAN'T WORK FOR A YEAR OR MORE, YOU ARE ELIGIBLE FOR DISABILITY CHECKS, PROVIDED YOU HAVE WORKED LONG ENOUGH. THESE BENEFITS START ON THE SIXTH FULL MONTH OF DISABILITY AND CONTINUE AS LONG AS THE DISABILITY PERSISTS. PAYMENTS ARE ALSO GIVEN TO UNMARRIED CHILDREN UNDER 18.

FOR RETIREMENT BENEFITS, YOU NEED A CERTAIN AMOUNT OF WORK CREDITS, DEPENDING UPON YOUR AGE. STARTING IN 1980, EMPLOYEES AND SELF-EMPLOYED PEOPLE RECEIVED ONE QUARTER OF COVERAGE FOR EACH $290 OF ANNUAL EARNINGS, UP TO FOUR QUARTERS PER YEAR.

AND, FOR MORE INFORMATION, SEND FOR THE FREE BOOKLET, A WOMAN'S GUIDE TO SOCIAL SECURITY TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

801

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

FEBRUARY 1982

#801

ANTIHISTAMINES (:30)

ANTIHISTAMINES CAN DO MANY THINGS FROM DRYING UP A RUNNY NOSE TO OVERCOMING MOTION SICKNESS. BUT YOU NEED TO TAKE SOME CARE, WARNS THE FOOD AND DRUG ADMINISTRATION. DON'T DRIVE WHEN YOU TAKE ANTIHISTAMINES. AND DON'T TAKE ALCOHOL OR TRANQUILIZERS AT THE SAME TIME. WATCH OUT IN THE SUN SINCE SOME ANTIHISTAMINES CAN INCREASE SENSITIVITY TO SUNBURN. AND DON'T TAKE TWO ANTIHISTAMINE PRODUCTS AT THE SAME TIME. YOU COULD TAKE AN OVERDOSE. TO LEARN MORE, SEND FOR THE FREE PAMPHLET, ANTIHISTAMINES, FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBLIC LIBRARY

FEB 17 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

ANTIHISTAMINES (:20)

IF YOU ARE GOING TO TAKE AN ANTIHISTAMINE FOR YOUR RUNNY NOSE, DON'T DECIDE TO TAKE TWO SIMILAR PRODUCTS AT ONCE. YOU COULD END UP WITH AN OVERDOSE. AND IF YOU HAVE ASTHMA OR GLAUCOMA, OR TAKE AN MAO INHIBITOR, DON'T TAKE AN ANTIHISTAMINE AT ALL WITHOUT A DOCTOR'S ADVICE. TO LEARN MORE, SEND FOR THE FREE PAMPHLET, ANTIHISTAMINES, FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11.9/3:

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

February 1982

Antihistamines (2:00) #801

Antihistamines are many things to many people. They can stop the itch of an insect bite, slow a runny nose, help you slip into sleep, and quell the queasy stomach of motion sickness.

There are five chemical families of antihistamines that help with allergies, notes the U.S. Food and Drug Administration. So if your doctor recommends one drug and you find it's not doing what you want, or if it has adverse side effects, ask for another type. Chances are there's an antihistamine you can take with safety and minimal side effects.

But what you can take safely could be dangerous for your child. Never give children under six any antihistamine unless you first check with the doctor. Children are especially susceptible to the side effects of these drugs.

What are the side effects? Drowsiness is the most common. Drinking or taking tranquilizers heighten this effect. If you're taking an antihistamine, don't plan on doing anything that requires coordination and quick reflexes--such as driving.

These drugs can also cause digestive problems ranging from loss of appetite to abdominal pain to fluid retention.

And the drying effects of antihistamines can cause problems if you suffer from asthma or glaucoma. Be sure you get a doctor's advice before taking an antihistamine if you suffer from either disease or if you are taking an MAO inhibitor to treat high blood pressure or depression.

(MORE)

In fact, tell your doctor or the druggist about any medication you are taking when you plan to buy an over the counter antihistamine. The drugs in combination could be dangerous.

And don't take two products containing antihistamines at the same time. You could run the risk of taking an overdose.

Finally, when the time comes to sit in the sun, be sure to use a good sunscreen if you are taking an antihistamine. Some of these drugs make your skin especially sensitive to the effects of the sun.

To learn more, send for a copy of the pamphlet, Antihistamines. It's free from Consumer Focus, Pueblo, Colorado 81009.

This announcement was brought to you as a public service by the Consumer Information Center of the General Services Administration and this station ________________________.
(Station call letters)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

February 1982

Antihistamines (:60) #801

Antihistamines can stop the itch of an insect bite, slow a runny nose, help you slip into sleep, and quell the queasy stomach of motion sickness. But, warns the U.S. Food and Drug Administration, like any drug, you must take antihistamines with care.

Since there are many different antihistamines, your doctor should be able to suggest one that you can take safely and with minimal side effects. But what you can take safely could be dangerous for a child. So never give any child under six an antihistamine unless you first check with the doctor.

The most common side effect is drowsiness and loss of coordination. So avoid driving or anything that requires coordination or quick reflexes.

The drying effects of antihistamines can be dangerous too, if you suffer from asthma or glaucoma. So, before you buy an over the counter antihistamine, be sure to tell your doctor or druggist about any medications you are already taking. And don't take two different antihistamine products thinking that two will be better than one. You could run the risk of taking an overdose.

To learn more, send for the free pamphlet, Antihistamines from Consumer Focus, Pueblo, Colorado 81009.

# # # #

802

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

March 1982

Health Care Costs -- What You Can Do (:30) #802

The best way to cut health care costs, is to stay healthy. Unless it's a serious medical problem, visit your doctor or clinic rather than the emergency room. Save that for emergencies. And have hospital tests or treatments done as an out-patient as much as possible. After all, It's a lot cheaper to spend the night at home. Finally, check all bills carefully to make sure you got all the services and products listed. This message was brought to you as a public service by the Consumer Information Center of the U.S. General Services Administration as part of the Voluntary Effort to Contain Health Care Costs.

# # # #

NEWARK PUBLIC LIBRARY
MAR 16 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

Health Care Costs -- What You Can Do (:20)

There's an easy way to cut health care costs--stay out of the hospital. Get tests done before you are admitted to the hospital. Find out if treatment can be done on an out-patient basis. See if they have walk-in, walk-out service for minor surgery. After all, it's a lot cheaper to spend the night at home. This message was brought to you as a public service by the Consumer Information Center as Part of the Voluntary Effort to Contain Health Care Costs.

# # # #

GS 11.9/2:

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

March 1982

Health Care Costs--What You Can Do (2:00) #802

The best way to cut health costs is to stay healthy. While this may seem obvious, the fact is that even if you have plenty of health insurance, health care costs eventually come out of your pocket. So here are some health care suggestions from the U.S. Department of Health and Human Services:

Start by looking at your health records. Does your family have all the immunizations they need? If not, or if they are out of date, you can usually get immunizations at low or no cost through clinics.

Make sure you have a personal doctor or a clinic that you use regularly. Then your records will be immediately available to help with the diagnosis if you become ill. And for most health problems, remember that going to your doctor or clinic is usually faster and certainly cheaper than going to the emergency room. In fact, you should only use the emergency room for a truly serious problem. Otherwise, you could be delaying someone who needs help right away.

If you need treatment, try to stay out of the hospital, because that is the most expensive kind of care. Find out if you can be taken care of as an out-patient, either through the hospital or your doctor or clinic. If you must be hospitalized on a non-emergency basis, see if you can take some of the tests before you are admitted.

(MORE)

ALSO, MAKE SURE ALL OF THE TESTS OR TREATMENTS ARE NECESSARY BEFORE YOU AGREE TO THEM. ARE THERE ALTERNATIVES THAT WOULD BE LESS EXPENSIVE? WOULD ONE TREATMENT BE ENOUGH? EVEN THOUGH THE TESTS AND TREATMENTS MIGHT BE COVERED UNDER YOUR HEALTH INSURANCE, EXPENSIVE AND UNNECESSARY ITEMS RAISE COSTS FOR THE FUTURE. MEDICATION IS EXPENSIVE AS WELL. SO ALWAYS ASK YOUR DOCTOR IF LESS EXPENSIVE GENERIC DRUGS ARE APPROPRIATE FOR YOUR CASE.

BEFORE YOU AGREE TO ANY NON-EMERGENCY SURGERY, GET A SECOND MEDICAL OPINION. IN MANY CASES, THIS COST WILL BE COVERED BY YOUR HEALTH INSURANCE. AND WHILE THIS MAY SEEM UNNECESSARY, IT IS MUCH CHEAPER THAN PAYING FOR SURGERY THAT MIGHT NOT BE NEEDED.

FINALLY, WHEN YOU GET YOUR HOSPITAL OR DOCTOR BILL, STUDY IT. MAKE SURE YOU UNDERSTAND ALL THE CHARGES AND THAT YOU RECEIVED EACH SERVICE OR PRODUCT LISTED ON THE BILL -- EVEN IF IT WAS ALL COVERED BY INSURANCE.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE U.S. GENERAL SERVICES ADMINISTRATION AS PART OF THE VOLUNTARY EFFORT TO CONTAIN HEALTH CARE COSTS.

# # # #

Federal Consumer Focus

MARCH 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

HEALTH CARE COSTS -- WHAT YOU CAN DO (:60) #802

THE BEST WAY TO CUT HEALTH COSTS IS TO STAY HEALTHY, BECAUSE EVEN IF YOU HAVE PLENTY OF HEALTH INSURANCE, YOU'LL PAY THE PRICE EVENTUALLY. SO HERE ARE SOME SUGGESTIONS FROM THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES:

CHECK YOUR HEALTH RECORDS AND MAKE SURE YOUR FAMILY HAS ALL THE IMMUNIZATIONS THEY NEED. IF NOT, YOU CAN USUALLY GET THEM AT LOW OR NO COST THROUGH CLINICS OR YOUR HEALTH UNIT AT WORK.

MAKE SURE YOU HAVE A DOCTOR OR CLINIC YOU USE REGULARLY. FOR MINOR PROBLEMS, YOUR DOCTOR OR CLINIC IS USUALLY FASTER, AND CERTAINLY CHEAPER, THAN THE EMERGENCY ROOM. IN FACT, YOU SHOULD ONLY USE THE EMERGENCY ROOM FOR A TRULY SERIOUS PROBLEM.

IF YOU NEED TREATMENT, FIND OUT IF YOU CAN BE TAKEN CARE OF AS AN OUT PATIENT, EITHER THROUGH THE HOSPITAL OR YOUR DOCTOR OR CLINIC. IF YOU NEED TO BE HOSPITALIZED, TAKE AS MANY TESTS AS POSSIBLE BEFORE YOU ARE ADMITTED. AND TRY TO KEEP THE NUMBER OF TESTS AND TREATMENTS TO A MINIMUM.

FINALLY, CHECK YOUR HOSPITAL OR DOCTOR'S BILLS CAREFULLY TO MAKE SURE YOU RECEIVED EACH SERVICE OR PRODUCT LISTED ON THE BILL -- EVEN IF IT WAS ALL COVERED BY HEALTH INSURANCE.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE U.S. GENERAL SERVICES ADMINISTRATION AS PART OF THE VOLUNTARY EFFORT TO CONTAIN HEALTH CARE COSTS.

# # # #

803

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

March 1982

How to Crimeproof Your Home (:30)

#803

One thing to remember about burglars is that they read newspapers. So when you put a classified ad in the paper, don't include your address. And don't tip burglars off to the times when your home will be unoccupied, either. Announce social events or vacations after they've happened. If there's a death in the family, arrange for a housesitter on the day of the funeral.

For more tips, send for the booklet, How to Crimeproof Your Home. It's $2.25 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

How to Crimeproof Your Home (:20)

Fifty percent of all burglaries take place without forced entry. So keep your doors locked. And don't leave a key hidden outside--burglars know all the hiding places. When you move into a new house or apartment, have the locks re-keyed or changed.

Learn more about preventing burglaries in How to Crimeproof Your Home. It's $2.25 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

NEWARK PUBLIC LIBRARY
MAR 16 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

GS 11.9/3:

Federal Consumer Focus

March 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#803

How to Crimeproof Your Home
Supplemental Information

DETERRING BURGLARS FROM THE OUTSIDE

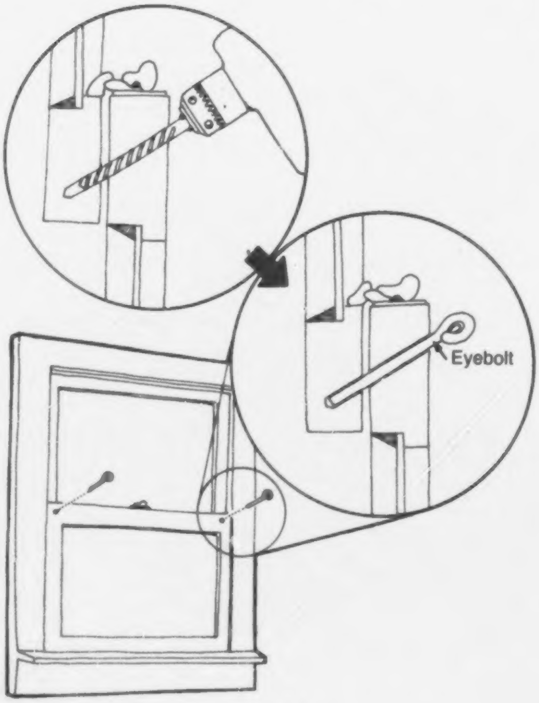
-Make sure all entrances to your home are well lighted.

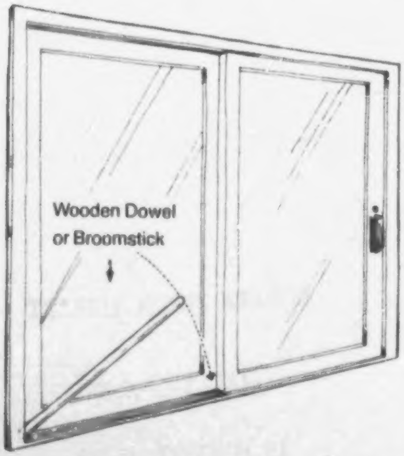
-Trim trees and bushes so your doors and windows are visible to neighbors. And prune any tree limbs that could help a burglar climb in through a second-story window.

-If you're going out of town, ask a neighbor to keep an eye on your home, and to park occasionally in your driveway. Arrange to have your newspapers picked up and your lawn mowed. And hide your garbage cans in the basement or a storage shed. (Cans that are empty when everyone else's are full can tell a burglar you're away.)

SECURING WINDOWS

For standard sash windows, drill holes in the frames and slip in removable eyebolts, as shown at right. For sliding glass doors and windows, wedge a length of broomstick or dowel into the track, as illustrated below.





ENTRY DETECTORS AND ALARMS

One of the best and cheapest "security systems" around is still a good watchdog. Almost any dog will make lots of burglar-deterring noise if an unfamiliar person approaches your home.

Electronic systems can activate lights or alarms in your home, at a neighbor's, at the security company's office, or in some cases, at the police station. Depending on quality and capabilities, their price can go as high as several thousand dollars. Shop carefully before you choose an alarm, and contact your Better Business Bureau to make sure the dealer is reputable.

OPERATION IDENTIFICATION

Your household property will be less attractive to a burglar if you can make it difficult for him to sell. In Operation Identification, you mark your possessions in such a way that they can be traced. Your local police or sheriff's department may be able to loan you an electronic marking pen, or you can buy an inexpensive diamond-tipped marking pen from a hardware store. Check with local law enforcement authorities on what type of identification number is recommended for your area.

When you're through marking all your valuable and portable possessions--television sets, stereos, typewriters, golf clubs, tools, and so forth--you place a special Operation Identification sticker prominently on your front door or window. When burglars see this, they're likely to go someplace else. In one city, for example, people who joined Operation Identification had 18 times fewer burglaries than their neighbors who didn't participate.

OTHER CITIZEN-POLICE COOPERATIVE MEASURES

Many police and sheriff's departments have specially trained officers who will come to your home and give you a free security check. They'll show you places where a burglar could get in, and give you a list of recommendations for making your home safer.

In high-crime areas, you may want to join with your neighbors in a "neighborhood watch" or "tenant patrol" group. You take turns watching one another's homes for suspicious activities, and reporting any trouble to the police. If you think a group like this would make sense for your neighborhood, contact your local law enforcement agency. Ask them to send an officer to your group's first meeting, to give you tips on home security and self-protection, and to advise you on what kinds of activities you should look out for and report.

Federal Consumer Focus

March 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

How to Crimeproof Your Home (:60)

#803

Every year, more than six million homes are burglarized--with property losses totaling over a billion dollars. To protect your home, follow this advice from the U.S. Department of Justice:

You need strong doors as much as you need good locks. All entry doors should be either metal, or solid core wood, at least an inch-and-three-quarters thick. Each door should fit snugly into its frame. If you find a gap bigger than an eighth of an inch, bolt a sturdy metal strip to the door's edge. Any hardware store can show you the kind of strip to use. For locks, use the deadbolt type, with at least an inch of the strong metal bolt extending out from the door and into the frame.

When you're out of your home, it should look no different from when you're in. Leave curtains and blinds in their normal positions. It's a good idea to attach a few lights and a radio to a timer. And turn your telephone bell down low, so the ringing of an unanswered phone doesn't call attention to your absence.

Learn more in How to Crimeproof Your Home. It's $2.25 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

804

Federal
Consumer
Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

March 1982

#804

Infant Care (:30)

If your first baby is on the way, you've probably got a lot of questions--like why is the baby crying again? Hunger is the most common cause. Loneliness is probably the second most common reason for crying, especially after the first few months. Actual pain from an open diaper pin or colic is much less common. To learn more get the U.S. Department of Health and Human Services booklet, Infant Care. Send $2.25 to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Infant Care (:20)

If you've just had your first baby, you've probably got a lot of questions--like why is the baby crying again? Hunger is the most common cause, and loneliness is probably the second most common reason for crying. To learn more, get the U.S. Department of Health and Human Services booklet, Infant Care. Send $2.25 to Consumer Focus, Pueblo, Colorado 81009.

# # # #

NEWARK PUBLIC LIBRARY
MAR 1 6 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

March 1982

#804

Infant Care (2:00)

You've just had your first baby and you're walking on air. But, you probably have a lot of questions, too--like why is the baby crying again? Hunger is the most common cause. Loneliness is probably the second most common reason, especially after the first few months. Some babies cry only because they are tired. Actual pain from an open diaper pin or colic is much less common.

But, some babies have attacks of crying from colic nearly every evening, usually between 6 p.m. and 10 p.m. During such attacks, they frown, their faces redden, and they draw their legs up. The loud screaming sounds quite different from the cries of hunger or loneliness. The crying may continue from 2 to 20 minutes even when the baby is picked up and comforted. The attack may end suddenly, or soft crying may last a few minutes after the hard crying stops. Just as the baby is about to fall asleep, another attack may occur. Gas may rumble in the stomach and be passed through the system.

No one knows what causes such attacks or why they occur at about the same time every day. But, be sure to tell your doctor if your child is crying more than usual. Your doctor will want to know at what time of day your child cries, how long it lasts, whether there seems to be pain, if you do anything that makes it better or worse, for how many days the crying has lasted and whether your infant seems sick or uncomfortable in any other way. The more you can tell the doctor about your baby, the better advice you will get.

(MORE)

Infant Care/Add one

And, here's an important warning from the U.S. Department of Health and Human Services--don't give honey to babies under one year of age. Recent findings show that honey may contain spores of the botulism bacteria that may be very dangerous to infants.

For a copy of Infant Care, send $2.25 to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal
Consumer
Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

March 1982

Infant Care (:60)

#804

If your first baby is on the way, you've probably got a lot of questions.

The best time to ask your doctor or nurse any questions you may have is when you and your infant are still in the hospital together. After all, the advice you get depends as much on you as on the doctors and nurses.

For example, they may advise you to bathe your baby each time you change a soiled diaper. You could wind up giving a lot of unnecessary baths if you did not find out that "bathe" means to wipe gently with a clean washcloth or diaper that has been moistened with a little water.

Babies cry to tell their parents they are dissatisfied or uncomfortable. Your job is to find out why, and if possible, to do something about it. Hunger is the most common cause. Loneliness is probably the second most common cause, especially after the first few months. Some babies cry only because they are tired.

To learn more, write for a copy of the U.S. Department of Health and Human services booklet, Infant Care. Send $2.25 to Consumer Focus, Pueblo, Colorado 81009.

# # # #

805

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

March 1982

Consumer Credit Handbook (:30) #805

How much does it cost to buy a refrigerator on time, or take a vacation in April and pay for it next August? Well, according to the Federal Reserve Board, it all depends on the finance charge and the Annual Percentage Rate or APR. The finance charge is how much you pay in total for buying on credit-- this includes interest, insurance, and any service charges. The APR is the cost of the credit on a yearly basis, and is expressed as a percentage, like 16.9 percent.

To learn more, write for the free booklet, Consumer Credit Handbook. Just send a postcard to Consumer Focus, Pueblo, Colorado 81009.

NEWARK PUBLIC LIBRARY
MAR 16 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

Consumer Credit Handbook (:20)

What's an APR? According to the Federal Reserve Board, it's a key figure to remember-- the APR tells you how much you'll pay for credit on a yearly basis. It's full name is "annual percentage rate", and it's expressed as a percentage, such as 16.9 percent. Use it to shop for loans, revolving charges, or leases.

And, for more information, send for the free booklet, Consumer Credit Handbook from Consumer Focus, Pueblo, Colorado 81009.

# # # #

GS 11.9/2:

**Federal
Consumer
Focus**

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

March 1982

Consumer Credit Handbook (2:00) #805

It's easy to forget that "plastic money" is really money. Sure, it's great to buy a refrigerator on the installment plan, or take a vacation now and pay off your revolving charges later--but, you do have to pay sometime. So it makes sense to understand just how much this convenience costs you and decide whether you can afford it.

According to the Federal Reserve Board, you can tell the cost of credit by determining the finance charge and the annual percentage rate. What do these two terms mean?

The finance charge is the total dollar amount you will pay to use the credit. It will include the interest costs, and possibly other charges, such as service charges or insurance or appraisal fees.

For example, if you borrowed $100 for a year, and it cost you $15 in interest plus a $2.00 service charge, your total finance charge would be $17.00.

The annual percentage rate or APR is the cost of the credit on a yearly basis, and it's expressed as a percentage, like 16.9 percent. It's a key figure to use when comparing the cost of credit. All creditors, including banks, retail stores, and car dealers, must tell you the finance charge and the APR.

(more)

Consumer Credit Handbook/add one

Once you have these two figures, use them to shop for credit of all types, such as loans, revolving charge accounts, or mortgages. By finding the best deal, you will save yourself money over the long run.

What if you find the deal you want, but you're denied credit? You must be notified in writing and, if you ask, you must be told why. If it's due to something in your credit report, you have the right to see a summary of the report at the credit bureau at no cost to you--but only if you make the request within thirty days of the denial.

Should you find an error in the report, you can ask the credit bureau to check it and correct it, if they find you are right. But if they cannot confirm your information, you still have the right to enter your side of the story into your record. And that will be given to anyone who requests your credit report in the future.

To learn more about your credit rights and responsibilities, send for a copy of the *Consumer Credit Handbook*. It's free from Consumer Focus, Pueblo, Colorado 81009.

This message was brought to you as a public service by the Consumer Information Center of the U.S. General Services Administration and this station____________________.
(station call letters)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

March 1982

Consumer Credit Handbook (:60) #805

It's easy to forget that "plastic money" is really money. Sure, it's great to buy a refrigerator on the installment plan, or go on a vacation now and pay off your revolving charges later, but you DO have to pay sometime. So it makes sense to find out how much credit costs you and decide in advance whether you can afford it.

The Federal Reserve Board advises you to get two numbers when you shop for credit. The first is the finance charge which represents the total cost of the credit you use. For example, if you borrow $100, and it costs you $15 in interest and $2.00 for the service charge, your total finance charge is $17.00.

The Annual Percentage Rate or APR is the other key figure to find out about. It tells you the cost of credit on a yearly basis, and is expressed as a percentage, like 16.9 percent. Use it to comparison shop for credit-- for loans, revolving charges, or leases.

To learn more, send for the Consumer Credit Handbook. It's free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

806

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

March 1982

Golden Eagle, Golden Age, and Golden Access Passports (:30) #806

Spending your vacation camping can be even more economical than you think. For ten dollars, you can buy a special Golden Eagle Passport that gets you in free at any of the national parks and forests or other federal recreation areas that normally charge for admission. The Passport is good from January through December of the year you buy it, and it covers everybody in your car. Learn more in the free booklet, Golden Eagle Passports -- from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Golden Eagle, Golden Age, and Golden Access Passports (:20)

Looking for an economical vacation? For ten dollars, a special "passport" will get you and your family in free at any of the national parks and forests or other federal recreation areas that normally charge for admission. The "passport" is good through December. Learn more in the booklet, Golden Eagle Passports -- from Consumer Focus, Pueblo, Colorado 81009.

# # # #

NEWARK PUBLIC LIBRARY

MAR 16 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Golden Eagle, Golden Age, and Golden Access Passports
Supplemental Information

#806

The Golden Eagle Passport covers entrance fees to any park, monument, or recreation area administered by the federal government. Some areas charge additional "use fees" for facilities like parking, camping, or boat launching. Other fees may also be charged for special recreation permits needed for group activities, motorized recreational vehicles, and other specialized activities. These are not covered by the Golden Eagle Passport.

Holders of the Golden Age and Golden Access Passports get a 50 percent discount on federal use fees.

Golden Eagle Passports may be obtained by mail. For a Golden Age Passport, you must apply in person with proof of age -- such as a driver's license, birth certificate, or Medicare card. The Golden Age Passport is available at most federally operated recreation areas where it may be used. Thus it may not be necessary to obtain the passport before beginning a vacation trip. The Golden Age Passport is good for life.

The Official regulations for issuing the Golden Access Passports are not yet final. In the interim, those who qualify for this passport will simply be admitted to federal recreation areas free and given a 50 percent discount on fees for recreation services or camping sites.

All three types of passports and further information can be obtained by visiting any of the offices listed below:

NATIONAL PARK SERVICE

Headquarters

U.S. Department of the Interior
Room 1013
18th and C Streets, NW
Washington, DC 20240

Regional Offices

North Atlantic Region
15 State Street
Boston, MA 02109

Mid-Atlantic Region
143 South Third Street
Philadelphia, PA 19106

National Capital Region
1100 Ohio Drive, SW
Washington, DC 20242

Southeast Region
75 Spring Street SW
Atlanta, GA 30303

Midwest Region
1709 Jackson Street
Omaha, NE 68102

Rocky Mountain Region
655 Parfet Street
P.O. Box 25287
Lakewood, CO 80225

Southwest Region
Old Santa Fe Trail
P.O. Box 728
Santa Fe, NM 87501

Alaska Region
540 West Fifth Avenue
Anchorage, AK 99501

Western Region
450 Golden Gate Avenue
P.O. Box 36063
San Francisco, CA 94102

Pacific Northwest Region
601 Fourth & Pike Building
Seattle, WA 98101

FOREST SERVICE

Headquarters

U.S. Department of Agriculture
14th & Independence Avenue
South Agriculture Building
Washington, DC 20250

Regional Offices

Northern Region
Federal Building
Missoula, MT 59807

Rocky Mountain Region
11177 West Eighth Avenue
Box 25127
Lakewood, CO 80225

Southwestern Region
Federal Building
517 Gold Avenue, SW
Albuquerque, NM 87102

Intermountain Region
324 25th Street
Ogden, UT 84401

California Region
630 Sansome Street
San Francisco, CA 94111

Pacific Northwest Region
319 SW Pine Street
P.O. Box 3623
Portland, OR 97208

Southern Region
1720 Peachtree Road, NW
Atlanta, GA 30309

Eastern Region
633 West Wisconsin Avenue
Milwaukee, WI 53203

Alaska Region
Federal Office Building
Box 1628
Juneau, AK 99802

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

March 1982

Golden Eagle, Golden Age, and Golden Access Passports (:60) #806

If you want to plan a vacation that's both fun and economical, look into camping. It's always one of the least expensive ways to travel--and according to the U.S. Department of the Interior, a special "passport" can make it even cheaper.

With a Golden Eagle Passport, you don't pay any entrance fees at the national parks and forests--just "use fees" for facilities like parking or boating. The Golden Eagle Passport admits not just you, but whoever else is in the car with you. It costs ten dollars, and it's good from January through December of the year you buy it.

If you're 62 or older and a U.S. citizen or permanent resident, forget about the ten dollars. You can get a Golden Age Passport free--and it's good for life.

If you're a U.S. citizen or permanent resident who's blind or permanently disabled, you qualify for a Golden Access Passport. It's also free.

Find out more about these special permits in the free booklet, Golden Eagle, Golden Age, and Golden Access Passports. Write Consumer Focus, Pueblo, Colorado 81009.

# # # #

807

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

MARCH 1982

#807

A BRIEF EXPLANATION OF MEDICARE (:30)

IF YOU'RE 65 OR OVER, YOU'RE PROBABLY ELIGIBLE FOR MEDICARE HEALTH INSURANCE, EVEN IF YOU'RE STILL WORKING. THIS SOCIAL SECURITY PROGRAM WILL COVER UP TO 90 DAYS OF IN-PATIENT HOSPITAL CARE DURING EACH BENEFIT PERIOD, AS WELL AS UNLIMITED HOME HEALTH VISITS AND 100 DAYS IN A SKILLED NURSING FACILITY. IT WILL NOT COVER NURSING HOME CARE THAT IS PRIMARILY RESIDENTIAL. IT ALSO HELPS TO COVER DOCTORS' FEES AND MEDICAL SUPPLIES. TO LEARN MORE, SEND FOR A FREE COPY OF A BRIEF EXPLANATION OF MEDICARE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

A BRIEF EXPLANATION OF MEDICARE (:20)

MEDICARE IS THE HEALTH INSURANCE PROGRAM OF SOCIAL SECURITY FOR PEOPLE 65 OR OVER, EVEN IF THEY ARE STILL WORKING. IT COVERS HOSPITAL, CERTAIN HOME HEALTH, AND SKILLED NURSING CARE. IT DOES NOT COVER NURSING HOMES THAT ARE PRIMARILY RESIDENTIAL. IT HELPS TO COVER DOCTORS' FEES AND MEDICAL SUPPLIES. TO LEARN MORE, SEND FOR A FREE COPY OF A BRIEF EXPLANATION OF MEDICARE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBLIC LIBRARY
MAR 16 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

GS 11.9/2.

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

March 1982

A Brief Explanation of Medicare (2:00) #807

Health care can be costly. And if you're elderly and on a fixed income, it could be overwhelming. But almost everyone over 65 can get some help in covering these costs through Medicare.

Medicare is a health insurance program through the Social Security system. It's available to anyone over 65 who has enough Social Security credits, even if the person is still working. It is also available to anyone under 65 who has been on Social Security disability payments for 24 months and to anyone who needs kidney dialysis or a kidney transplant. Check with your Social Security office about eligibility.

There are two types of Medicare: hospital insurance and medical insurance. You pay for Medicare hospital insurance as part of your Social Security withholdings. It covers up to 90 days of in-patient care in any participating hospital during each benefit period. A benefit period starts after you have been out of the hospital, or any other facility giving skilled nursing or physical rehabilitation services, for more than 60 days. There is no limit on the number of benefit periods you can have.

Under certain conditions, hospital insurance also covers up to 100 days in a skilled nursing facility. But, hospital insurance does not cover a nursing home that is primarily residential. An unlimited number of visits from a home health agency such as the Visiting Nurse may also be covered.

(more)

MEDICARE MEDICAL INSURANCE HELPS TO PAY FOR DOCTORS' FEES. UNLIKE THE HOSPITAL INSURANCE, IT COSTS $11.00 A MONTH.* AT THE TIME YOU TURN 65, YOU WILL AUTOMATICALLY BE ENROLLED IN THE MEDICAL INSURANCE PART OF MEDICARE UNLESS YOU SPECIFICALLY WITHDRAW.

MEDICAL INSURANCE COVERS EIGHTY PERCENT OF THE APPROVED CHARGES FOR TREATMENT, AFTER YOU MEET THE ANNUAL DEDUCTIBLE. IT ALSO COVERS NECESSARY MEDICAL SUPPLIES AND THERAPY.

TO LEARN MORE ABOUT WHAT SERVICES ARE COVERED AND WHAT YOU NEED TO DO TO QUALIFY, SEND FOR A COPY OF A BRIEF EXPLANATION OF MEDICARE. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

*$12.20 AS OF JULY, 1982

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

March 1982

A Brief Explanation of Medicare (:60) #807

Health care can be costly, expecially if you're elderly and on a fixed income. But almost everyone over 65 can get help with these costs through Medicare.

Medicare is a health insurance program available to anyone over 65 who has enough Social Security credits, even if the person is still working. It is also available to anyone under 65 who has been on Social Security disability payments for 24 months and to anyone who needs kidney dialysis.

There are two parts to the Medicare program: hospital insurance and medical insurance. Hospital insurance covers up to 90 days of in-patient care in any participating hospital during each benefit period. Under certain conditions, hospital insurance will also cover an unlimited number of home health visits and up to 100 days in a skilled nursing facility. But it will not cover a nursing home that is primarily residential.

Medicare medical insurance covers 80 percent of approved doctors' fees and medical supplies.

To learn more about services and eligibility, send for a copy of A Brief Explanation of Medicare. It's free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

808

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

MARCH 1982

QUESTIONS AND ANSWERS ABOUT CONDOMINIUMS (:30) #808

SHOPPING FOR A CONDO? THINK TWICE BEFORE YOU SIGN UP TO BUY. AS WITH ANY MAJOR PURCHASE YOU'LL WANT TO READ ALL THE FINE PRINT IN THE ORGANIZATIONAL DOCUMENTS BEFORE YOU SIGN A SALES AGREEMENT. YOU'LL WANT TO KNOW HOW MUCH THE CONDO FEE FOR MAINTENANCE WILL BE; AND YOU'LL WANT TO PUT IN WRITING THAT YOUR DOWNPAYMENT WILL BE RETURNED IF YOU CAN'T GET A MORTGAGE LOAN.

TO LEARN MORE, WRITE FOR THE FREE BOOKLET, QUESTIONS AND ANSWERS ABOUT CONDOMINIUMS. JUST SEND A POSTCARD TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

QUESTIONS AND ANSWERS ABOUT CONDOMINIUMS (:20)

BUYING A CONDOMINIUM? BE SURE THAT YOU UNDERSTAND EVERYTHING IN THE ORGANIZATIONAL DOCUMENTS -- LIKE CONDO FEES, LIABILITY FOR DAMAGE, FIRE INSURANCE, AND SETTLEMENT COSTS. ASK QUESTIONS EVEN IF THEY SEEM FOOLISH. BETTER TO SOUND SILLY NOW, THAN BE SORRY AFTER YOU SIGN UP TO BUY. AND, SEND FOR THE FREE BOOKLET, QUESTIONS AND ANSWERS ABOUT CONDOMINIUMS. WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBLIC LIBRARY

MAR 16 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

GS 11.9/2.

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

MARCH 1982

QUESTIONS AND ANSWERS ABOUT CONDOMINIUMS (2:00) #808

AFFORDABLE HOUSING IS HARD TO FIND THESE DAYS. THAT'S ONE OF THE REASONS "CONDOMANIA" IS STILL SWEEPING THE COUNTRY.

BUT WITH THE TERM "CONDOMINIUM" MEANING ANYTHING FROM A NEW LUXURIOUS HI-RISE TO AN OLD WALK-UP RENTAL PROPERTY GLOSSED OVER WITH PAINT, YOU'D BETTER CHECK OUT THE CONDO AND CONTRACT CAREFULLY BEFORE YOU SIGN UP TO BUY.

IT MAY COME AS A SURPRISE TO YOU THAT THERE IS NO FEDERAL LAW THAT PROVIDES FOR THE CREATION OF CONDOMINIUMS.

STATE AND LOCAL LAWS ON CONDOMINIUMS VARY WIDELY, SO IT'S UP TO YOU TO KNOW WHAT YOU'RE GETTING BEFORE YOU BUY.

THE U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT RECOMMENDS THAT YOU INSIST UPON RECEIVING COPIES OF ALL BASIC DOCUMENTS AND ANYTHING ELSE THAT FULLY DISCLOSES THE SALE TERMS TO YOU.

DON'T SIGN A SUBSCRIPTION AND PURCHASING AGREEMENT OR ANY OTHER FORM OF SALES CONTRACT UNTIL YOU HAVE RECEIVED AND READ A COPY OF THE ORGANIZATIONAL DOCUMENTS. IF YOU DON'T UNDERSTAND THEM, ASK QUESTIONS NO MATTER HOW SILLY THEY MIGHT SEEM, OR GET A LAWYER TO EXPLAIN THEM TO YOU.

MAKE SURE THE PURCHASE AGREEMENT SPECIFICALLY STATES THAT THE DOWNPAYMENT WILL BE REFUNDED IF YOU CAN'T GET A MORTGAGE LOAN. OTHERWISE, YOU MAY END UP LOSING YOUR MONEY.

(MORE)

ASK ABOUT SETTLEMENT COSTS, SINCE THESE WILL REQUIRE CASH OVER AND ABOVE YOUR DOWNPAYMENT.

FIND OUT HOW MUCH THE CONDO FEE WILL RUN, SINCE EACH OWNER WILL BE OBLIGATED TO PAY A PROPORTIONAL SHARE OF MAINTENANCE AND OTHER EXPENSES. DO THIS BEFORE YOU SIGN THE CONTRACT. AND CHECK CAREFULLY TO LEARN WHAT IS COVERED AND WHAT IS NOT COVERED BY WARRANTIES. FIND OUT WHAT THE BOUNDARIES ARE FOR YOUR UNIT. AND ARE THERE ANY RESTRICTED COMMON AREAS?

FINALLY, LOOK AT THE OPERATING BUDGET TO FIND OUT IF THE COST OF MAINTAINING COMMON AREAS, SUCH AS THE SWIMMING POOL AND CLUBHOUSE, ARE REALISTICALLY ESTIMATED. YOU CAN TELL BY COMPARING THE COSTS TO OTHER CONDOMINIUMS WITH SIMILAR FEATURES. BE SURE THE SELLER ISN'T UNDERSTATING ONGOING EXPENSES TO EXPEDITE SALES.

AND FOR MORE INFORMATION, WRITE FOR THE FREE BOOKLET, _QUESTIONS AND ANSWERS ABOUT CONDOMINIUMS_. JUST SEND A POSTCARD TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

MARCH 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

QUESTIONS AND ANSWERS ABOUT CONDOMINIUMS (:60) #808

WHAT HAPPENS IF THE CONDOMINIUM CONTRACT YOU SIGN DOES NOT SAY YOUR DEPOSIT WILL BE REFUNDED IF YOU CAN'T GET A MORTGAGE LOAN? ACCORDING TO THE U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT, THERE IS NO FEDERAL LAW THAT PROVIDES FOR THE CREATION OF ALL CONDOMINIUMS. SO, IT'S UP TO YOU TO MAKE SURE THAT THE PURCHASE AGREEMENT SPECIFICALLY STATES THAT THE DOWNPAYMENT WILL BE REFUNDED. OTHERWISE, YOU MAY END UP LOSING YOUR MONEY.

AND DON'T SIGN A SUBSCRIPTION AND PURCHASING AGREEMENT OR ANY OTHER FORM OF SALES CONTRACT UNTIL YOU HAVE RECEIVED AND READ A COPY OF ALL ORGANIZATIONAL DOCUMENTS. IF YOU DON'T UNDERSTAND THEM, ASK QUESTIONS NO MATTER HOW SILLY THEY MIGHT SEEM, OR GET A LAWYER TO EXPLAIN THEM TO YOU.

ASK ABOUT SETTLEMENT COSTS, SINCE THESE WILL REQUIRE CASH OVER AND ABOVE YOUR DOWNPAYMENT. AND FIND OUT HOW MUCH THE CONDO FEE WILL BE EACH MONTH, SINCE THIS IS A REQUIRED PAYMENT FOR MAINTENANCE AND OTHER EXPENSES.

AND, FOR MORE INFORMATION, SEND FOR THE FREE BOOKLET, QUESTIONS AND ANSWERS ABOUT CONDOMINIUMS. JUST WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

809

Federal Consumer Focus

MARCH 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

LEARNING DISABILITIES (:30)

#809

WHAT DOES IT MEAN WHEN A CHILD READS "ON" FOR "NO," OR "41" FOR "14"? IT CAN MEAN A LEARNING DISABILITY. THOUGH THEIR EYES AND EARS WORK NORMALLY, LEARNING DISABLED CHILDREN CAN'T ALWAYS MAKE SENSE OUT OF THE MESSAGES THEY RECEIVE. BUT, ACCORDING TO THE NATIONAL INSTITUTE OF MENTAL HEALTH, THEY ARE USUALLY BRIGHT AND THERE ARE WAYS YOU CAN HELP THEM LEARN. FOR SUGGESTIONS AND A LIST OF SUPPORT GROUPS, SEND FOR A FREE COPY OF THE FACTSHEET, LEARNING DISABILITIES. WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

LEARNING DISABILITIES (:20)

WHAT DOES IT MEAN WHEN A CHILD READS "ON" FOR "NO," OR "41" FOR "14"? ACCORDING TO THE NATIONAL INSTITUTE OF MENTAL HEALTH, IT CAN MEAN THE CHILD HAS A LEARNING DISABILITY. BUT LEARNING DISABLED CHILDREN ARE USUALLY BRIGHT, AND THERE ARE WAYS YOU CAN HELP THEM LEARN. FOR MORE INFORMATION, SEND FOR THE FREE FACTSHEET, LEARNING DISABILITIES, FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBLIC LIBRARY

MAR 16 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

Federal Consumer Focus

March 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Learning Disabilities (2:00) #809

What does it mean when a child reads "on" for "no," or "41" for "14," or "p" for "d"? According to the National Institute of Mental Health, it can mean that the child has a learning disability.

Though their eyes and ears work normally, learning disabled children can't always make sense out of the messages they receive. They are often distractable, not because of failure to pay attention, but because too much attention is directed to too many things.

Learning disabled children are bright, intelligent children who fail at school, or who have trouble adjusting to the behavior expected of them at their age. A learning disability is not an indication of a low I.Q. As a matter of fact, most learning disabled children grow up to be achievers.

The best way parents can help their child through this difficult time is to provide structure and order in the child's life. For example, there should be a place for everything in the child's room. If there are not too many toys and possessions, it may be best to use shelves rather than drawers. That way, the child can see things in their proper place, rather than having to visualize what's in a drawer.

Structure can also be introduced into their lives by repeating the same routine every day as much as possible. For example, every night after they eat a snack, they brush their teeth, then listen to a story before bed.

(more)

AND IT'S VERY IMPORTANT TO GIVE YOUR CHILDREN AS MUCH POSITIVE REINFORCEMENT FOR THEIR GOOD EFFORTS AS YOU CAN. IT'S VITAL TO TELL THE CHILD OVER AND OVER AGAIN THAT YOU KNOW HE'S INTELLIGENT; THAT YOU KNOW IT'S HARDER FOR HIM TO LEARN; BUT YOU ALSO KNOW THAT HE WILL BE A SUCCESS IN THE WORLD.

PARENTS MAY ALSO WANT TO SEEK COMPETENT PROFESSIONAL HELP. A DIAGNOSTIC CENTER NEARBY THAT KNOWS ABOUT LEARNING DISABILITIES CAN PROVIDE TESTING. IF THERE ISN'T ONE, A PSYCHOLOGIST WHOSE SPECIALITY IS LEARNING DISABILITIES CAN DO THE JOB.

TO LEARN MORE, SEND FOR THE FREE FACTSHEET, LEARNING DISABILITIES. JUST WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE U.S. GENERAL SERVICES ADMINISTRATION AND BY THIS STATION_______________________________.

(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

March 1982

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794

Learning Disabilities (:60) #809

What does is mean when a child reads "on" for "no," and "41" for "14"? It can mean that the child has a learning disability.

Though their eyes and ears work normally, notes the National Institute of Mental Health, learning disabled children can't always make sense out of the messages they receive. They are often distractable, not because of failure to pay attention, but because too much attention is directed to too many things.

Learning disabled children are bright, intelligent children who fail at school, or who have trouble adjusting to the behavior expected of them at their age. A learning disability is not an indication of low I.Q. As a matter of fact, most learning disabled children grow up to be achievers.

The best way parents can help their children through this difficult time is to provide structure and order to the child's life.

To learn how, send for a free copy of the factsheet, Learning Disabilities. Write Consumer Focus, Pueblo, Colorado 81009.

# # # #

810

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

APRIL 1982

#810

COSIGNING A LOAN (:30)

IF A FRIEND OR RELATIVE ASKS YOU TO COSIGN A FINANCE COMPANY LOAN, THINK TWICE. ACCORDING TO THE FEDERAL TRADE COMMISSION, THREE OUT OF FOUR COSIGNERS OF FINANCE COMPANY LOANS END UP BEING ASKED TO PAY BACK THE LOAN. SO TO PROTECT YOURSELF, DON'T BE PRESSURED TO SIGN. IF YOU DO, DON'T PLEDGE YOUR HOUSE OR CAR TO SECURE THE LOAN. ASK THE LENDER TO NOTIFY YOU IF THE BORROWER MISSES A PAYMENT. THAT WAY YOU WON'T BE ASKED TO PAY LATE CHARGES OR THE TOTAL AMOUNT OF THE LOAN. AND BEFORE YOU SIGN, MAKE SURE YOU HAVE THE MONEY TO PAY OFF THE LOAN. YOU COULD END UP HAVING TO.

# # # #

NEWARK PUBLIC LIBRARY

APR 12 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

COSIGNING A LOAN (:20)

IF A FRIEND OR RELATIVE ASKS YOU TO COSIGN A FINANCE COMPANY LOAN, THINK TWICE. ACCORDING TO THE FEDERAL TRADE COMMISSION, THREE OUT OF FOUR COSIGNERS OF FINANCE COMPANY LOANS END UP BEING ASKED TO PAY. SO, TO PROTECT YOURSELF, DON'T BE PRESSURED TO SIGN. IF YOU DECIDE TO COSIGN, DON'T PLEDGE YOUR PROPERTY TO SECURE THE LOAN. AND MAKE SURE YOU CAN AFFORD TO PAY OFF THE LOAN. YOU COULD END UP HAVING TO .

# # # #

Federal Consumer Focus

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794

April 1982

#810

Cosigning a Loan (2:00)

A friend or relative asks you to cosign a loan. Why not? After all, you know them well, and you're just backing them up, right?

Wrong! According to the Federal Trade Commission, you'd better think twice before you sign on the dotted line. Three out of four cosigners of finance company loans end up being asked to pay back the loan.

That shouldn't really come as a surprise. The reason you're being asked to cosign is because the finance company doesn't think the borrower is a safe risk.

If the borrower can't pay back the loan, the lender holds you--the cosigner--personally responsible for the debt. And that debt can include late charges and fees. If you fail to pay, the lender can sue you instead of the original borrower. And if you lose, you may also lose some of your wages or property.

If you still want to help out your friend or relative by cosigning a loan, follow this advice from the Federal Trade Commission:

First, be sure you can afford to pay the loan. You may have to.

(MORE)

TRY TO GET THE LENDER TO AGREE THAT YOU WILL ONLY OWE A FIXED AMOUNT. FOR INSTANCE, ASK THAT THE LENDER WRITE INTO THE LOAN, "THE COSIGNER WILL BE RESPONSIBLE ONLY FOR THE PRINCIPAL BALANCE ON THIS LOAN AT THE TIME OF DEFAULT."

MAKE SURE YOU DON'T PLEDGE YOUR PROPERTY--CAR, FURNITURE, OR HOUSE--TO SECURE THE LOAN.

ASK THAT THE LENDER AGREE, IN WRITING, TO NOTIFY YOU IF THE BORROWER MISSES A PAYMENT. THAT WAY, YOU WON'T HAVE TO PAY LATE CHARGES, OR GET INTO A SITUATION WHERE THE LENDER IS ASKING FOR THE TOTAL BALANCE OF THE LOAN.

MAKE SURE YOU KEEP COPIES OF IMPORTANT PAPERS, INCLUDING THE TRUTH-IN-LENDING STATEMENTS AND WARRANTIES. THESE MAY COME IN HANDY LATER IF THERE'S A DISPUTE BETWEEN THE BORROWER AND LENDER.

AND FINALLY, DON'T LET YOUR FRIEND OR RELATIVE PRESSURE YOU. COSIGNING MAY NOT BE A GOOD IDEA. THINK ABOUT IT. TAKE TIME. AND DON'T SIGN ANYTHING UNTIL YOU ARE SURE YOU WANT TO TAKE ON THE RESPONSIBILITY.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

April 1982

#810

Cosigning a Loan (:60)

When a friend or relative asks you to cosign a loan, you're only backing them up, right?

Wrong. According to the Federal Trade Commission, three out of four cosigners of finance company loans end up being asked to pay back the loan. And after all, that's why you're the cosigner--the finance company doesn't think the borrower is a safe risk.

So here's some advice from the FTC to help you protect yourself:

Try to get the lender to state in writing that should the borrower default, you will only owe a fixed amount.

The loan could say, for example: "The cosigner will be responsible only for the principal balance on this loan at the time of default."

Also, never pledge your property, such as the car or the house, to secure the loan.

And get the lender to agree, in writing, to notify you if the borrower misses a payment. That way you won't be asked to pay late charges or the total amount of the loan.

And finally, don't let your friend or relative pressure you. Think twice about cosigning. Take time. And don't sign anything unless you have the money to pay.

# # # #

811

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

April 1982

Student Guide to Federal Financial Aid (:30)

Don't let the high cost of education keep you from getting the training you need. The U.S. Department of Education provides financial aid ranging from outright grants, which you don't have to pay back, to low-interest loans, which you don't begin repaying until you're out of school. Find out what kinds of aid you may qualify for through your school's financial assistance office. And send for the Student Guide to Federal Financial Aid--free from Consumer Focus, Pueblo, Colorado 81009.

NEWARK PUBLIC LIBRARY

APR 12 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

Student Guide to Federal Financial Aid (:20)

Whether it's a college or a vocational school you're planning to attend, you may be able to get financial help from the federal government. Programs range from outright grants to low-interest loans. Check with your school's financial assistance office. And send for the Student Guide to Federal Financial Aid--free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Student Guide to Federal Financial Aid
Supplemental Information

The forms of aid described below can be used at any of the more than 7,000 colleges, universities, vocational schools, technical schools, and hospital schools of nursing that take part in the U.S. Department of Education's

AID PROGRAM	ELIGIBILITY	MAXIMUM AMOUNT
Pell Grant	Based on need; limited to undergraduates enrolled at least half-time (12 semester hours or 18 quarter hours per year)	$1,670 per year (for 1981-82 school year; amounts for 1982-83 will depend on program funding)
Supplemental Educational Opportunity Grant	Based on need; limited to undergraduates--in most cases, only those enrolled half-time or more	$2,000 per year
National Direct Student Loan	Based on need; open to both undergraduates and graduate students	$3,000 total for vocational school or first two years of college; $6,000 total for college undergraduate study; $12,000 combined total for graduate plus undergraduate study
Guaranteed Student Loan	May be tied to need; open to both undergraduates and graduate students	$2,500 per year for undergraduate studies (up to $12,500 total); $5,000 per year for graduate studies (up to $25,000 total)
PLUS Loan	Not tied to need; open to both undergraduates and graduate students	$3,000 per year for graduate students or parents of dependent undergraduates; $2,500 per year for independent undergraduates (this amount, combined with any Guaranteed Student Loan, cannot exceed yearly and total GSL undergraduate limits)

financial assistance programs. A student's total financial aid package often contains several types of assistance. With certain exceptions, eligibility is limited to citizens, nationals, and permanent residents of the United States.

REPAYMENT	TERMS/REMARKS	WHERE TO APPLY
None	Largest of the federal student aid programs; often provides a "foundation" of aid to which other forms are added (amounts of other aid are often tied to amount of Pell Grant).	Your school's financial aid office
None	Schools receive a lump sum of federal money for this program each year, and are allowed to award up to 10% of the funds to students enrolled less than half-time.	Your school's financial aid office
5% Interest	Part or all of the loan can be "cancelled" (debt eliminated) when you work in specified Head Start programs, teach handicapped children, or teach in designated low-income schools. Repayment can also be deferred, on the same terms as Guaranteed Student Loans.	Your school's financial aid office
9% Interest	Repayment can be deferred for up to 3 years while you serve in the Armed Forces, the Commissioned Corps of the U.S. Public Health Service, the Peace Corps, ACTION programs such as VISTA, or comparable tax-exempt organizations.	Private lending institution that participates in the PLUS Loan program
14% Interest	Same repayment deferments as on Guaranteed Student Loans, provided the student is the borrower.	Private lending institution that participates in the PLUS Loan program

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

APRIL 1982

STUDENT GUIDE TO FEDERAL FINANCIAL AID (:60) #811

THIS IS THE SEASON FOR COLLEGE ACCEPTANCE NOTICES--TIME TO FINALLY STOP WORRYING ABOUT GETTING INTO A SCHOOL. BUT HOW ARE YOU GOING TO PAY FOR YOUR EDUCATION?

THE U.S. DEPARTMENT OF EDUCATION ADVISES YOU TO CONTACT YOUR SCHOOL'S FINANCIAL AID OFFICE EARLY. THERE ARE FIVE TYPES OF FEDERAL AID THAT YOU MAY QUALIFY FOR. TWO OF THESE ARE OUTRIGHT GRANTS, WHICH YOU DON'T HAVE TO PAY BACK, IN AMOUNTS UP TO $2,000 PER YEAR. THE AMOUNT YOU CAN RECEIVE IS BASED ON YOUR NEED, DEFINED AS THE DIFFERENCE BETWEEN WHAT IT WILL COST TO ATTEND YOUR SCHOOL AND WHAT YOU'RE ABLE TO PAY FOR IT.

THREE TYPES OF LOANS ARE ALSO AVAILABLE, AT INTEREST RATES RANGING FROM FIVE TO FOURTEEN PERCENT. NOT ALL OF THESE ARE BASED ON NEED. MOST ARE MADE THROUGH BANKS AND OTHER PRIVATE LENDING INSTITUTIONS, AND THAT'S WHERE YOU SHOULD APPLY.

THEN THERE ARE WORK-STUDY PROGRAMS, WHICH LET YOU TAILOR YOUR WORKING HOURS AROUND YOUR CLASS SCHEDULE. APPLY FOR THESE THROUGH YOUR SCHOOL.

FIND OUT MORE IN THE STUDENT GUIDE TO FEDERAL FINANCIAL ASSISTANCE. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

812

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

APRIL 1982

#812

HOMEOWNERS INSURANCE (:30)

IF YOUR HOUSE OR APARTMENT BURNED TO THE GROUND TODAY, WOULD YOU KNOW WHAT WAS IN IT? HOMEOWNERS, CONDOMINIUM, AND RENTERS INSURANCE, NOTES THE U.S. OFFICE OF CONSUMER AFFAIRS, COVERS PERSONAL PROPERTY, ONLY WHEN THERE IS SOME INDICATION OF WHAT THE PROPERTY IS. SO TAKE AN INVENTORY OF EVERY ROOM. DON'T FORGET THE CLOSETS, BASEMENT, ATTIC, AND GARAGE. LIST THE PURCHASE PRICE AND THE REPLACEMENT VALUE. THEN TAKE PICTURES. KEEP A COPY OF THE LIST AND THE PICTURES IN YOUR SAFE DEPOSIT BOX AND A WORKING COPY OF THE LIST AT HOME. AND MAKE SURE YOU HAVE ENOUGH INSURANCE TO COVER WHAT YOU OWN.

####

NEWARK PUBLIC LIBRARY
APR 12 1982
U. S. GOVT. PUBS.
DEPOSITORY 3[illegible]

HOMEOWNERS INSURANCE (:20)

TO MAKE SURE THAT YOUR HOMEOWNERS, CONDOMINIUM OR RENTERS INSURANCE COVERS ALL OF YOUR PERSONAL PROPERTY, THE U.S. OFFICE OF CONSUMER AFFAIRS SUGGESTS YOU TAKE A HOUSEHOLD INVENTORY AND TAKE PHOTOGRAPHS OF EVERY ROOM. KEEP ONE COPY OF THE LIST AND THE PICTURES IN YOUR SAFE DEPOSIT BOX AND ANOTHER WORKING COPY AT HOME. AND KEEP YOUR INSURANCE UP-TO-DATE.

####

GS 11.9/2:

**Federal
Consumer
Focus**

**Consumer
Information
Center**

**General Services
Administration**

**Washington, DC 20405
(202) 566-1794**

APRIL 1982

#812

HOMEOWNERS INSURANCE (2:15)

IT'S A SHOCK TO HAVE YOUR HOUSE BURN DOWN. BUT THERE MAY BE ANOTHER SHOCK WHEN IT COMES TIME TO SETTLE YOUR INSURANCE CLAIM. YOU MAY FIND YOUR INSURANCE WON'T COVER ALL OF YOUR LOSS.

WHY? BECAUSE YOUR COVERAGE MAY BE OUT OF DATE, WARNS THE U.S. OFFICE OF CONSUMER AFFAIRS. SO GET YOUR POLICY OUT ONCE A YEAR TO BE SURE YOU HAVE ADEQUATE COVERAGE.

THERE ARE TWO TYPES OF POLICIES: THE FIRST, A REPLACEMENT COST POLICY, WILL REPLACE ANY DAMAGED PART OF YOUR HOUSE UP TO THE LIMIT OF THE POLICY YOU BUY WITHOUT REDUCING THE AMOUNT BY DEPRECIATION. IT WILL ALSO REPLACE THE DAMAGED MATERIAL WITH SIMILAR MATERIALS, FOR INSTANCE, PLASTER WITH PLASTER RATHER THAN WALLBOARD. YOUR HOMEOWNERS POLICY SHOULD HAVE A LIMIT THAT EQUALS THE COST OF REPLACING YOUR HOUSE TODAY. YOUR INSURANCE AGENT MAY HAVE A CHART THAT CAN HELP YOU DECIDE HOW MUCH THAT WOULD COST, OR A LOCAL CONTRACTOR CAN GIVE YOU A GOOD IDEA.

BUT IF THE REPLACEMENT COST OF YOUR HOUSE IS CONSIDERABLY MORE THAN ITS MARKET VALUE--NOT INCLUDING THE LAND--THEN YOU MIGHT WANT TO GET A MARKET VALUE POLICY. WITH THIS TYPE OF POLICY, DAMAGE TO YOUR HOUSE MAY BE REPAIRED WITH COMMONLY USED BUILDING MATERIALS. FOR EXAMPLE, PLASTER MIGHT BE REPLACED WITH WALLBOARD. ALSO, THERE MAY BE A REDUCTION FOR DEPRECIATION. BUT THE COST OF THE POLICY IS CONSIDERABLY LOWER.

(MORE)

HOMEOWNERS INSURANCE/ADD ONE

MANY PEOPLE UNDERESTIMATE THE VALUE OF THEIR PERSONAL BELONGINGS. IF YOUR HOUSE BURNED TO THE GROUND TODAY, WOULD YOU KNOW WHAT YOU HAD LOST AND HOW MUCH IT WAS WORTH? ALSO, DOES YOUR POLICY COVER SILVERWARE, JEWELRY, THOSE ANTIQUES YOU INHERITED, OR YOUR EXPENSIVE CAMERA EQUIPMENT? THESE ITEMS MAY REQUIRE A SEPARATE "ENDORSEMENT" ON THE POLICY, BACKED BY AN APPRAISAL.

SO THAT YOU HAVE AN ACCURATE RECORD OF THE CONTENTS OF YOUR HOUSE, YOU SHOULD DO AN INVENTORY. GO THROUGH EACH ROOM IN THE HOUSE, STARTING AT THE DOOR AND WORKING YOUR WAY AROUND THE ROOM, LISTING EVERYTHING. DON'T FORGET THE CLOSETS, THE ATTIC, BASEMENT, AND GARAGE. WHEN YOU HAVE COMPLETED YOUR LIST, WRITE DOWN, AS ACCURATELY AS YOU CAN, WHAT EACH PIECE COST AND WHAT THE CURRENT REPLACEMENT COST WOULD BE. TO COMPLETE THE PROCESS, TAKE PICTURES OF THE ROOMS, WITH CLOSE-UPS OF THE ESPECIALLY VALUABLE AND IDENTIFIABLE PIECES.

KEEP ONE COPY OF THIS LIST AT HOME AS YOUR WORKING LIST, UPDATING IT EVERY TIME YOU MAKE A PURCHASE. KEEP ANOTHER COPY IN YOUR SAFE DEPOSIT BOX ALONG WITH THE PICTURES. THAT WAY, EVEN IF THERE IS A FIRE, YOU'LL STILL HAVE A COPY OF THE LIST.

AND, IF YOU FIND THAT YOUR INSURANCE COVERAGE IS NOT COMPLETE, TALK WITH YOUR INSURANCE AGENT.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND THIS STATION________________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

APRIL 1982

#812

HOMEOWNERS INSURANCE (:60)

IT'S A SHOCK TO HAVE YOUR HOUSE BURN DOWN. BUT THERE MAY BE ANOTHER SHOCK WHEN YOU FIND THAT YOUR INSURANCE WON'T COVER ALL OF YOUR LOSS.

THIS CAN HAPPEN, WARNS THE U.S. OFFICE OF CONSUMER AFFAIRS, IF YOUR POLICY IS OUT-OF-DATE.

MOST POLICIES ARE BASED ON THE REPLACEMENT COST OF YOUR HOUSE. SO IT MAKES SENSE TO BUY ENOUGH INSURANCE TO COVER THE COST OF REPLACING YOUR HOUSE TODAY. YOUR INSURANCE AGENT OR A LOCAL CONTRACTOR CAN GIVE YOU A GOOD IDEA OF BUILDING PRICES.

PEOPLE OFTEN UNDERESTIMATE THE VALUE OF THEIR PERSONAL BELONGINGS, WHETHER THEY OWN A HOME OR JUST RENT. IF YOU HAVE JEWELRY, CAMERAS, OR PROFESSIONAL EQUIPMENT, YOU MAY NEED A SPECIAL ENDORSEMENT ON YOUR POLICY.

ALSO, IT'S A GOOD IDEA TO MAKE A HOUSEHOLD INVENTORY OF EVERY ROOM, CLOSET, AND THE BASEMENT, ATTIC, AND GARAGE. THEN TAKE PICTURES OF YOUR POSSESSIONS. KEEP ONE COPY OF THE LIST IN THE SAFE DEPOSIT BOX ALONG WITH THE PICTURES. KEEP ANOTHER COPY AT HOME AS A WORKING LIST.

AND, IF YOU FIND YOUR COVERAGE IS INCOMPLETE, TALK WITH YOUR INSURANCE AGENT.

# # # #

813

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

April 1982

#813

Mutual Help Groups (:30)

"Mutual Help Groups" range from Parents Without Partners to the National Federation of the Blind. Numbering about half a million, they offer supportive environments where people can talk out their problems and learn new ways of dealing with them. Confidentiality and respect for each member's dignity are unwritten rules. For the addresses of a sampling of these groups, plus more on what to expect from them, send for the booklet, Mutual Help Groups. It's free from Consumer Focus, Pueblo, Colorado 81009.

NEWARK PUBLIC LIBRARY
APR 12 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

Mutual Help Groups (:20)

From Parents Without Partners to the National Federation of the Blind, "mutual help groups" offer supportive environments where people can talk out their problems and learn new ways of dealing with them. Confidentiality is an unwritten rule. Learn more in the booklet, Mutual Help Groups--free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

April 1982

#813

Mutual Help Groups (2:00)

There are many problems for which there are no easy answers or solutions. But there *is* an alternative to coping alone. "Mutual help groups" range from Parents Without Partners to the National Federation of the Blind. And according to the National Institutes of Mental Health, there are about half a million of these groups today. They offer supportive environments where people can talk out their problems and learn new ways of dealing with them.

Adjusting to a difficult situation or life change often depends not so much on sympathy as on empathy. People who know just how it feels, because they've had to cope with the same problem, can give a kind of help that's not available anywhere else. For example, who can really understand what a mastectomy is like, except another woman who's undergone the same operation? That's why there's a group called Reach to Recovery, specializing in the problems of women who have had mastectomies.

Another lesser-known group is the Theos Foundation, for the widowed. There's also Parents Anonymous, for parents of abused children; and Make Today Count, for cancer victims and their families.

However different the problems they focus on, most mutual help groups share some common characteristics. They usually hold regular meetings--in members' homes, if they're small enough; or in church halls, public buildings, or other facilities that can be used for little or no rent. Programs for the meetings typically include discussions, study groups, and visiting speakers.

(MORE)

Mutual Help Groups/Add one

Because new members are often nervous or unsure what to expect, more experienced members usually take the initiative to start conversations, provide literature, and generally help the newer members feel more at home and at ease. Confidentiality is an unwritten rule. So is respect for each member's dignity and privacy.

For the addresses of a sampling of these groups, plus more on what to expect from them, send for the free booklet, Mutual Help Groups. Write Consumer Focus, Pueblo, Colorado 81009.

This announcement was brought to you as a public service by the Consumer Information Center of the General Services Administration and this station ______________________.
(Station call letters)

# # # #

Federal Consumer Focus

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794

April 1982

#813

Mutual Help Groups (:60)

To cope with some of life's harder problems and adjustments, what you need most is not sympathy but empathy. Talking with other people who have had the same troubles and felt the same way, you can understand your problems better, and also learn new ways of dealing with them.

The "mutual help" groups that offer this kind of support now number about half a million. Some are fairly well known, like Alcoholics Anonymous. But there are also groups like Reach to Recovery, for women who have had mastectomies, and Parents Anonymous, for parents of abused children. Few human problems are unique, and if enough people share a problem, the chances are good that somebody's formed a group to help cope with it.

Most mutual help groups hold regular meetings involving discussions, study groups, or visiting speakers. Confidentiality and respect for each member's dignity are unwritten rules. More experienced members usually take the initiative to start conversations and otherwise put newer members at ease.

Learn more in the free booklet, Mutual Help Groups--from Consumer Focus, Pueblo, Colorado 81009.

# # # #

814

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

APRIL 1982

#814

SALT (:30)

SODIUM IS IMPORTANT TO HELP REGULATE THE BODY'S FLUIDS, BUT TOO MUCH SODIUM HAS BEEN LINKED TO HIGH BLOOD PRESSURE. AND THAT CAN LEAD TO STROKE, HEART DISEASE AND KIDNEY FAILURE. SO TO MODERATE YOUR INTAKE OF SODIUM, THE U.S. FOOD AND DRUG ADMINISTRATION SUGGESTS YOU LIMIT PROCESSED FOODS, LIKE CANNED AND DRIED SOUPS, CHEESE AND T.V. DINNERS. TO LEARN MORE, SEND FOR A FREE COPY OF SALT, FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

NEWARK PUBLIC LIBRARY
APR 12 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

SALT (:20)

SODIUM IS IMPORTANT TO HELP REGULATE THE BODY'S FLUIDS, BUT TOO MUCH SODIUM HAS BEEN LINKED TO HIGH BLOOD PRESSURE. AND THAT CAN LEAD TO STROKE, HEART DISEASE AND KIDNEY FAILURE.

THE U.S. FOOD AND DRUG ADMINISTRATION SUGGESTS KEEPING YOUR SODIUM LEVELS DOWN BY RESTRICTING THE AMOUNT OF PROCESSED FOODS IN YOUR DIET. FOR YOUR FREE COPY OF SALT, WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11.9/2:

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

APRIL 1982

#814

SALT (2:00)

SALT HAS HAD A VERY IMPORTANT PLACE IN SOCIETY THROUGHOUT HISTORY. GREEKS AND ROMANS OFFERED SALT TO THE GODS, AND SEALED COVENANTS OVER SACRIFICIAL MEALS THAT INCLUDED SALT. IN PARTS OF AFRICA AND TIBET, CAKES OF SALT WERE USED AS MONEY.

TODAY SALT HAS AN IMPORTANT ROLE AS A FLAVORING INGREDIENT AND A PRESERVATIVE. IT'S USED TO CURE MEAT AND FISH. IT'S USED IN CHEESE MAKING TO CONTROL FERMENTATION, AND IT FORMS THE BRINE FOR PICKLES AND SAUERKRAUT.

ACCORDING TO THE U.S. FOOD AND DRUG ADMINISTRATION, SALT IS ABOUT 40% SODIUM. SODIUM IS AN ESSENTIAL NUTRIENT--IT HELPS REGULATE BODY FLUIDS AND MAINTAINS THE BALANCE OF FLUIDS AND PRESSURE INSIDE AND OUTSIDE OF THE CELLS. IT ALSO PLAYS A MAJOR ROLE IN NERVE IMPULSE TRANSMISSIONS, HEART ACTION, AND THE METABOLISM OF CARBOHYDRATES AND PROTEIN.

BUT, EXCESSIVE SODIUM INTAKE IS LINKED WITH HYPERTENSION OR HIGH BLOOD PRESSURE. HYPERTENSION HAS BEEN CALLED A SILENT KILLER BECAUSE IT RARELY PRODUCES WARNING SIGNALS, YET IT CAN LEAD TO STROKE, HEART DISEASE AND KIDNEY FAILURE.

BEING AWARE OF THE SODIUM CONTENT OF THE FOODS YOU EAT CAN HELP YOU CONTROL YOUR USE OF SODIUM. SUBSTANTIAL AMOUNTS OF SODIUM ARE REGULARLY ADDED TO PROCESSED FOODS, LIKE CANNED AND DRIED SOUPS, CHEESE AND CANNED TUNA.

(MORE)

FOR INSTANCE, A SINGLE SERVING OF CANNED CHICKEN NOODLE SOUP CONTAINS ONE-THIRD OF A DAY'S SODIUM REQUIREMENT AS ESTABLISHED BY THE NATIONAL RESEARCH COUNCIL.

SO, WHAT CAN YOU DO TO KEEP YOUR SODIUM LEVEL DOWN? AVOID PROCESSED FOODS, AS A START. OR READ THE LABELS FOR SODIUM INFORMATION.

SALT SUBSTITUTES ARE AVAILABLE, BUT THESE SHOULD BE USED ONLY UNDER ADVICE OF A DOCTOR BECAUSE THEY CONTAIN POTASSIUM, A PROBLEM FOR SOME PEOPLE. YOU CAN ALSO CHOOSE LOW-SODIUM FOODS THAT OFFER ENORMOUS REDUCTIONS IN SODIUM CONTENT. THESE PRODUCTS ARE REGULATED BY THE FDA AS SPECIAL DIETARY FOODS AND MUST STATE THEIR SODIUM CONTENT.

TO LEARN MORE, SEND FOR A FREE COPY OF SALT. WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

APRIL 1982

SALT (:60)

#814

SALT HAS HAD A VERY IMPORTANT PLACE IN SOCIETY THROUGHOUT HISTORY. GREEKS AND ROMANS OFFERED SALT TO THE GODS. AND, IN PARTS OF AFRICA AND TIBET, CAKES OF SALT WERE USED AS MONEY.

TODAY, SALT HAS AN IMPORTANT ROLE AS A FLAVORING INGREDIENT AND A FOOD PRESERVATIVE. THE PROBLEM IS THAT SALT IS ABOUT 40% SODIUM. ACCORDING TO THE U.S. FOOD AND DRUG ADMINISTRATION, WHILE SODIUM IS AN ESSENTIAL NUTRIENT TO HELP REGULATE THE BODY'S FLUIDS, TOO MUCH SODIUM IS LINKED TO HIGH BLOOD PRESSURE. AND THAT CAN LEAD TO STROKE, HEART DISEASE AND KIDNEY FAILURE.

SO CUT BACK ON THE SODIUM IN YOUR DIET WHERE YOU CAN. FOR EXAMPLE, AMOUNTS OF SODIUM ARE REGULARLY ADDED TO PROCESSED FOODS, LIKE CANNED AND DRIED SOUPS, CHEESE AND T.V. DINNERS. FOR INSTANCE, A SINGLE SERVING OF CANNED CHICKEN NOODLE SOUP MAY CONTAIN ONE-THIRD OF A DAY'S SODIUM REQUIREMENT AS ESTABLISHED BY THE NATIONAL RESEARCH COUNCIL.

FOR A FREE COPY OF SALT WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

815

NEWARK PUBLIC LIBRARY
APR 12 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

Federal Consumer Focus

Consumer Information Center
General Services Administration
Washington, DC 20405
(202) 566-1794

APRIL 1982

REMODELING A HOUSE--WILL IT BE WORTHWHILE? (:30) #815

IF YOU ARE LOOKING AT AN OLD HOUSE TO FIX UP, MAKE SURE THE COSTS OF RENOVATION WON'T TAKE THE PRICE OUT OF SIGHT. ONE OF THE THINGS TO CONSIDER IS WHETHER THE AMOUNT YOU PUT INTO THE HOUSE WILL MAKE IT OUT OF LINE WITH THE PRICES IN THE NEIGHBORHOOD. ALSO, WILL YOU BE ABLE TO GET THE RENOVATION COSTS BACK WHEN YOU SELL? TO FIND OUT WHAT THE RENOVATIONS WILL COST, GET ESTIMATES FROM CONTRACTORS OR GET A PROFESSIONAL HOUSE INSPECTOR. AND, FOR SOME EARLY HELP, SEND FOR THE U.S. DEPARTMENT OF AGRICULTURE BOOKLET, REMODELING A HOUSE--WILL IT BE WORTHWHILE? IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

REMODELING A HOUSE--WILL IT BE WORTHWHILE? (:20)

IF YOU ARE PLANNING TO FIX UP AN OLD HOUSE, LOOK CLOSELY AT THE FOUNDATION, THE WOOD FRAME OF THE HOUSE, AND AT THE ROOFLINE. THEY CAN TELL A LOT ABOUT WHETHER THE HOUSE WILL BE TOO EXPENSIVE TO REPAIR, OR WHETHER THE WORK WILL MOSTLY BE COSMETIC. TO LEARN MORE, SEND FOR THE U.S. DEPARTMENT OF AGRICULTURE BOOKLET REMODELING A HOUSE--WILL IT BE WORTHWHILE?, FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

C S 11 9/2.

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

April 1982

Remodeling a House--Will it be Worthwhile? (2:00) #815

If you're thinking about buying a bigger or better house, the best buy might be an older place that needs some work.

But before you make the decision to buy that handyman's special be sure you carefully inspect the house. The U.S. Department of Agriculture notes that there could be some big problems that might make repairs out of your reach. So start at the bottom.

Check the foundation walls both outside and in the basement. Hairline cracks are normal, but large open cracks indicate difficulties that could get worse, even though they cause no problems now. If the foundation is brick or stone, make sure the mortar is sound. Otherwise, you might have to replace the foundation completely.

While you're in the basement, look up--at the wood frame of the house. The beams, joists, and posts should be straight and strong. Slight sagging can be propped up. But if the wood is rotten or there is insect damage, you could be talking big money.

Do the rooms seem drafty? Sagging windows could be the cause. A couple of cockeyed windows aren't too bad. But if you have to replace many, the costs rise dramatically.

If you see indications of leaks, check the roof. If it needs to be replaced, again the price rises.

If you find a number of questionable areas, it would probably be wise to get a professional house inspector. That way you can find out just how serious the problems are, and get an estimate for necessary repairs. Then you can use those estimates to decide whether it is reasonable to fix up the house.

(MORE)

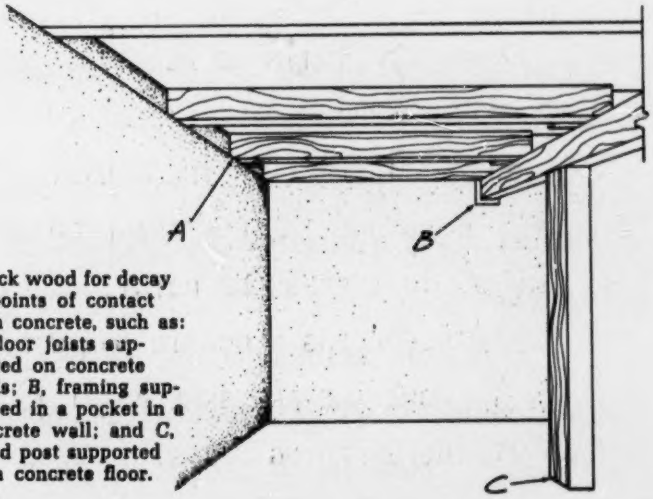
Remodeling a House--Will it be Worthwhile?/Add one

If you decide the answer is yes, then you'll need money. If the house is in a historic district, you might be able to get money to restore the structure of the house. Also check on home improvement loans, second mortgages, or on including the cost of repairs as part of the first mortgage.

To learn more, send for a copy of Remodeling a House--Will it be Worthwhile? It's free from Consumer Focus, Pueblo, Colorado 81009.

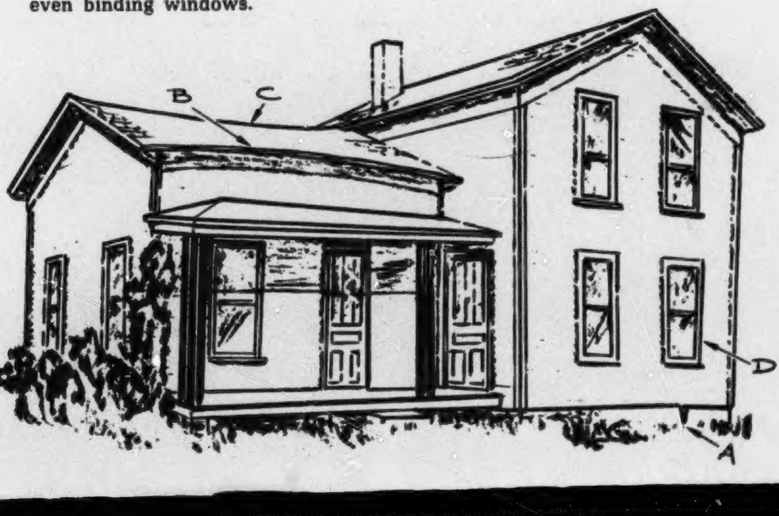
This announcement was brought to you as a public service by the Consumer Information Center of the General Services Administration and thie station__________________________________.
(Station call letters)

# # # #



Check wood for decay at points of contact with concrete, such as: A, floor joists supported on concrete walls; B, framing supported in a pocket in a concrete wall; and C, wood post supported on a concrete floor.

Uneven foundation settling in this old farmhouse resulted in a building badly out of square. Evidences include A, crack in foundation; B, eaveline distortion; C, sagging roof ridge; and D, loosefitting frames or even binding windows.



Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

APRIL 1982

REMODELING A HOUSE--WILL IT BE WORTHWHILE? (:60) #815

IF YOU'RE THINKING ABOUT BUYING AN OLD HOUSE THAT NEEDS RENOVATION, INSPECT IT CAREFULLY. AND THE PLACE TO START IS IN THE BASEMENT, NOTES THE U.S.DEPARTMENT OF AGRICULTURE.

CHECK THE FOUNDATION. SMALL, HAIRLINE CRACKS ARE NORMAL. BUT LARGE OPEN CRACKS COULD MEAN A PROBLEM THAT COULD GET WORSE, EVEN THOUGH THEY CAUSE NO PROBLEMS NOW.

THEN LOOK UP--AT THE WOOD FRAME OF THE HOUSE. THE BEAMS, JOISTS AND POSTS SHOULD BE STRAIGHT AND STRONG. SLIGHT SAGGING CAN BE PROPPED UP. BUT IF THE WOOD IS ROTTEN OR INSECT INFESTED, YOU COULD BE TALKING BIG MONEY.

LOOK AT YOUR ROOF AND ROOFLINE. IF THE ROOFLINE SAGS, YOU COULD HAVE A HOUSE WITH SERIOUS SETTLEMENT PROBLEMS. AND REPLACING A ROOF GETS EXPENSIVE.

A PROFESSIONAL HOUSE INSPECTOR CAN TELL WHETHER THE PROBLEMS ARE SERIOUS AND APPROXIMATELY WHAT THE REPAIRS WILL COST. USE THESE ESTIMATES TO DECIDE WHETHER IT IS WORTHWHILE TO FIX UP THE HOUSE.

TO LEARN MORE, SEND FOR A COPY OF REMODELING A HOUSE--WILL IT BE WORTHWHILE? IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

816

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

NEWARK PUBLIC LIBRARY
APR 12 1982
U.S. GOVT. PUBS.
DEPOSITORY 376

APRIL 1982

#816

FIRST AID (:30)

KNOWING HOW TO HELP AN ACCIDENT VICTIM UNTIL TRAINED RESCUERS ARRIVE CAN SAVE A LIFE.

THE U.S. DEPARTMENT OF LABOR NOTES THAT ONCE YOU TAKE CHARGE AND SEND FOR A DOCTOR, YOU SHOULD DETERMINE THE NATURE OF THE INJURIES AND APPLY FIRST AID. UNLESS THE INJURED PERSON EXPOSED TO FURTHER DANGER AT THE ACCIDENT SITE, DON'T MOVE THE VICTIM.

TO LEARN MORE, TAKE A FIRST AID COURSE AND GET THE SUMMARY BOOKLET, FIRST AID, BY SENDING $3.25 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

FIRST AID (:20)

IF THE VICTIM IS BLEEDING, COVER THE WOUND WITH THE CLEANEST CLOTH IMMEDIATELY AVAILABLE. OR, USE YOUR BARE HANDS AND APPLY PRESSURE DIRECTLY TO THE WOUND.

TO PREPARE YOURSELF FOR AN EMERGENCY, TAKE A FIRST AID COURSE. AND GET A COPY OF FIRST AID, BY SENDING $3.25 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794

April 1982

First Aid (2:00)

#816

Would you know how to help an accident victim until trained rescuers arrive? Knowing what to do could save a life.

The U.S. Department of Labor offers this advice to help prepare you in the event of emergency:

After you take charge, immediately send for a doctor. Determine the nature of the injuries. Then apply first aid.

Unless the injured person would be exposed to further danger at the accident site, don't move the victim until you have a clear idea of the injury and have applied first aid. Avoid any unnecessary movement or rough handling because it might aggravate undetected fractures or spinal injuries.

If the victim is bleeding, cover the wound with the cleanest cloth immediately available. Or, use your bare hands and apply pressure directly to the wound. Most bleeding can be stopped this way.

If the bleeding is from an artery, that is if bright red blood is spurting from the wound, apply your fingers to a pressure point. A pressure point is where a main artery supplying blood to the wound passes near the surface over a bone. For the hand, it's just above the wrist. For the foot, it's at the outside of the ankle. Hold the pressure point tightly for about 5 minutes or until the bleeding stops.

(MORE)

FIRST AID/ADD ONE

SHOCK MAY ACCOMPANY ANY SERIOUS INJURY AND IT ALONE CAN KILL--SO IT MUST BE TREATED AS SOON AS POSSIBLE. SYMPTOMS OF SHOCK INCLUDE SHALLOW BREATHING, RAPID AND WEAK PULSE, NAUSEA, VOMITING, MENTAL CONFUSION, AND DROOPING EYELIDS. TREAT SHOCK BY MAKING SURE THE VICTIM'S NOSE AND THROAT ARE CLEARED, CONTROL BLEEDING, AND KEEP THE VICTIM LYING DOWN, AND WRAPPED WITH BLANKETS. ELEVATE THE FEET UNLESS THE INJURY WOULD BE AGGRAVATED.

GIVE NOTHING BY MOUTH, ESPECIALLY STIMULANTS OR ALCOHOLIC BEVERAGES.

TO LEARN MORE, TAKE A FIRST AID COURSE. A BRIEF REFERENCE BOOK, *FIRST AID,* IS AVAILABLE FOR $3.25 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ____________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

April 1982

#816

First Aid (:60)

Knowing how to help an accident victim until trained rescuers arrive can save a life.

The U.S. Department of Labor notes that once you take charge and send for a doctor, you should determine the nature of the injuries, then apply first aid. Unless the injured person would be exposed to further danger at the accident site, don't move the victim until you have a clear idea of the injury and have applied first aid.

If the victim is bleeding, cover the wound with the cleanest cloth immediately available. Or, use your bare hands and apply pressure directly to the wound. Most bleeding can be stopped this way. If blood is spurting from the wound, you need to apply your fingers to a pressure point. A pressure point is where a main artery supplying blood to the wound passes near the surface over a bone. Hold the pressure point tightly for about 5 minutes or until the bleeding stops.

To learn more, take a first aid course. A brief reference book, First Aid, is available for $3.25 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

817

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

APRIL 1982

#817

SUGAR (:30)

IF YOU'RE THE AVERAGE AMERICAN, YOU EAT 130 POUNDS OF SUGAR A YEAR. BUT ACCORDING TO THE U.S. FOOD AND DRUG ADMINISTRATION, MANY EXPERTS BELIEVE AMERICANS WOULD BE HEALTHIER IF THEY ATE LESS SUGAR. ONE WAY TO SATISFY YOUR SWEET TOOTH IS BY EATING FRUITS, VEGETABLES, AND OTHER FOODS WITH NATURAL SWEETNESS. AND CUT DOWN ON SOFT DRINKS. BEVERAGES USE MORE THAN A QUARTER OF ALL SUGAR PRODUCED IN THE U.S.. TO LEARN MORE, SEND FOR A COPY OF SUGAR FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBLIC LIBRARY
APR 12 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

SUGAR (:20)

IF YOU'RE THE AVERAGE AMERICAN, YOU EAT 130 POUNDS OF SUGAR A YEAR. BUT ACCORDING TO THE U.S. FOOD AND DRUG ADMINISTRATION, MANY EXPERTS BELIEVE AMERICANS WOULD BE HEALTHIER IF THEY ATE LESS SUGAR. TO DO THAT, CUT DOWN ON FOODS WITH ADDED SUGAR AND SLOW THE FLOW OF SOFT DRINKS. TO LEARN MORE, SEND FOR THE FREE PAMPHLET, SUGAR, FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

C S 11 9/2.

Federal Consumer Focus

APRIL 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#817

SUGAR (2:00)

WHILE THE UNITED STATES MIGHT NOT BE THE LAND OF MILK AND HONEY, IT PROBABLY COULD BE CALLED THE LAND OF MILK AND SUGAR. THE AVERAGE AMERICAN CONSUMES ABOUT 130 POUNDS OF SUGAR EVERY YEAR. AND THAT AMOUNT IS GROWING. VARIOUS TYPES OF SUGAR ARE USED IN ALMOST EVERY FOOD,FROM CAKES TO PICKLES.

THE LARGEST INCREASE IN SUGAR USE HAS BEEN IN THE BEVERAGE INDUSTRY, NOTES THE U.S. FOOD AND DRUG ADMINISTRATION. THE MAKERS OF SOFT DRINKS, BEER, AND WINES NOW USE ABOUT A QUARTER OF THE REFINED SUGAR AND FORTY PERCENT OF THE HIGH FRUCTOSE CORN SYRUP.

THE SUGAR INDUSTRY DESCRIBES SUGAR AS A CHEAP SOURCE OF FOOD ENERGY, A HELP IN FOOD PROCESSING, AND A SUBSTANCE THAT MAKES MANY FOODS TASTE BETTER.

BUT SOME EXPERTS BELIEVE THAT AMERICANS WOULD BE HEALTHIER IF THEY ATE LESS SUGAR. SUGAR IS ONE OF A NUMBER OF CONTRIBUTORS TO DENTAL CAVITIES. AND ITS ONLY REAL CONTRIBUTION TO FOOD IS TASTE AND CALORIES -- WHAT MANY NUTRITIONISTS CALL "EMPTY CALORIES."

SUGAR IS ABSOBED BY THE BODY QUICKLY. BUT THE BODY STORES EXTRA SUGAR IN A FORM OF FAT IT CAN DRAW ON EASILY DURING EXERCISE. THEREFORE, NUTRITIONISTS DISCOUNT THE ARGUMENT THAT SUGAR IS NEEDED FOR QUICK ENERGY BEFORE PHYSICAL ACTIVITY. MOST OVERWEIGHT PEOPLE, HOWEVER, DO NOT GET THE EXERCISE TO USE UP THIS STORED FAT.

AMERICANS GET ABOUT 24 PERCENT OF THEIR CALORIES FROM SUGAR. AND ABOUT THREE-QUARTERS OF THAT AMOUNT IS FROM SUGAR ADDED TO FOODS.

(MORE)

SUGAR/ADD ONE,

THE MAJORITY OF THE SUGAR USED IN THE U.S. IS REFINED SUGAR -- LIKE WHAT YOU USE IN YOUR SUGAR BOWL. BUT THE CONSUMPTION OF THIS TYPE OF SUGAR HAS DROPPED OVER THE PAST TWENTY YEARS FROM AROUND A HUNDRED POUNDS A YEAR TO NINETY POUNDS. AT THE SAME TIME, THE USE OF VARIOUS CORN SWEETENERS HAS INCREASED. HIGH FRUCTOSE CORN SYRUP, WHICH IS CONSIDERABLY SWEETER IN TASTE THAN SUGAR, HAS BEEN THE MAJOR TYPE USED. ALMOST HALF OF THIS INCREASE IS ATTRIBUTED TO THE BEVERAGE INDUSTRY FOR USE IN SODAS, BEER, AND WINES.

IF YOU WANT TO LEARN MORE ABOUT SUGAR, HOW IT IS USED, AND THE VARIOUS TYPES AVAILABLE, SEND FOR THE PAMPHLET, SUGAR. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

April 1982

#817

Sugar (:60)

Have you had your quota of a third of a pound of sugar today? If you're the average American, that is how much you consume--a total of 130 pounds a year. But according to the U.S. Food and Drug Administration, many experts believe that Americans would be healthier if they ate less sugar.

Not that a little sugar is necessarily bad for you. But it provides only flavor and calories--what many nutritionists call empty calories--and no other nutrients.

Americans get about a fourth of their calories from sugar, and most of that is from sugar added to foods. The rest of the food you eat must supply all of the nutrients your body needs. And that can be difficult if you're trying to lose weight, too.

One last thing: Nutritionists discount the argument that sugar is needed for quick energy before physical activity. Although sugar is absorbed quickly by the body, the body stores extra sugar in a form it can draw on easily during exercise.

To learn more, send for the pamphlet Sugar. It's free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

818

Federal Consumer Focus

MAY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

NEWARK PUBLIC LIBRARY
MAY 18 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

#818

WATCH OUT FOR ABANDONED MINES (:30)

THERE ARE THOUSANDS OF ABANDONED MINES, QUARRIES, AND SAND AND GRAVEL PITS IN THIS COUNTRY. AND THEY SEEM TO HAVE A GREAT ATTRACTION FOR BOTH CHILDREN AND ADULTS. BUT THAT CAN LEAD TO TRAGEDY. WHEN PEOPLE COME UPON THESE OUT-OF-THE-WAY MINES, THEY HAVE NO IDEA OF THE POTENTIAL HAZARDS. AS A RESULT, PEOPLE ARE INJURED OR KILLED EVERY YEAR WHEN MINES THEY ARE EXPLORING COLLAPSE, OR THEY ARE CAUGHT IN AREAS WHERE HARMFUL GASES HAVE BUILT UP. AND PEOPLE HAVE BEEN BURIED WHEN SLIDES OCCUR AT SURFACE MINES. SO THE MINE SAFETY AND HEALTH ADMINISTRATION WARNS, IF YOU COME ACROSS AN OLD MINE, STAY OUT!

# # # #

WATCH OUT FOR ABANDONED MINES (:20)

IF YOU COME ACROSS A NON-WORKING MINE, STAY OUT! THE MINE SAFETY AND HEALTH ADMINISTRATION WARNS THAT EVERY YEAR, BOTH CHILDREN AND ADULTS ARE INJURED OR KILLED EXPLORING CLOSED MINES, QUARRIES, AND SAND AND GRAVEL PITS. SO, NO MATTER HOW INTRIGUING AN OLD MINE MAY BE, MAKE SURE YOU AND YOUR KIDS KEEP OUT.

# # # #

WATCH OUT FOR ABANDONED MINES (:10)

IF YOU COME ACROSS AN UNUSED MINE, STAY OUT. THE MINE SAFETY AND HEALTH ADMINISTRATION WARNS THAT EVERY SUMMER, BOTH CHILDREN AND ADULTS ARE INJURED AND KILLED EXPLORING CLOSED MINES, QUARRIES, AND SAND AND GRAVEL PITS.

# # # #

Federal Consumer Focus

MAY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

ENERGY EFFICIENCY STANDARDS FOR APPLIANCES (2:00) #818

THE NATIONAL ENERGY CONSERVATION POLICY ACT OF 1978 REQUIRED THE U.S. DEPARTMENT OF ENERGY TO SET ENERGY EFFICIENCY STANDARDS FOR CERTAIN MAJOR HOUSEHOLD APPLIANCES. THESE STANDARDS WOULD HAVE REQUIRED PRODUCT IMPROVEMENTS TO HELP CUT ENERGY USAGE. HOWEVER, STANDARDS DID NOT HAVE TO BE SET IF THE DEPARTMENT DETERMINED THAT THEY WOULD NOT RESULT IN SIGNIFICANT ENERGY CONSERVATION, WERE NOT TECHNOLOGICALLY FEASIBLE, OR WERE NOT ECONOMICALLY JUSTIFIED.

ON APRIL 2, 1982, THE DEPARTMENT OF ENERGY PROPOSED TO COME OUT WITH A STANDARD THAT NO STANDARD FOR APPLIANCES WAS NECESSARY. THE DEPARTMENT MADE THIS PROPOSAL BASED ON THE FACT THAT STANDARDS WOULD NOT RESULT IN A SIGNIFICANT SAVING OF ENERGY OR BE ECONOMICALLY JUSTIFIED. THE APPLIANCES THIS APPLIES TO ARE: REFRIGERATORS, FREEZERS, CLOTHES DRYERS, WATER HEATERS, ROOM AIR CONDITIONERS, KITCHEN RANGES AND OVENS, CENTRAL AIR CONDITIONERS, AND FURNACES.

IN ADDITION, THIS PROPOSAL WOULD ALSO SET ASIDE ANY ENERGY EFFICIENCY STANDARDS FOR THESE APPLIANCES THAT HAVE BEEN SET BY THE INDIVIDUAL STATES. STATES COULD, HOWEVER, APPLY TO THE DEPARTMENT OF ENERGY TO REIMPOSE THEIR STANDARDS IF THE STATE CAN SHOW THAT THERE IS A SIGNIFICANT STATE OR LOCAL INTEREST TO JUSTIFY THE STATE REGULATION. BUT NO STATE RULE COULD BE SET IF THE DEPARTMENT FINDS THAT THE STATE REGULATION WOULD UNDULY BURDEN INTERSTATE COMMERCE.

(MORE)

ENERGY EFFICIENCY STANDARDS FOR APPLIANCES/ADD ONE

THIS PROPOSAL DOES NOT AFFECT THE LABELING OF APPLIANCES. ENERGY EFFICIENCY LABELS THAT STATE ANNUAL COSTS OF OPERATION HAVE BEEN REQUIRED SINCE 1980 ON: ROOM AIR CONDITIONERS, REFRIGERATORS, FREEZERS, WATER HEATERS, AND FURNACES.

IF YOU HAVE ANY COMMENTS ON THIS PROPOSAL, SEND THEM TO THE DEPARTMENT OF ENERGY BY JUNE 16, 1982. COMMENTS SHOULD BE SENT TO ENERGY EFFICIENCY PROGRAM FOR CONSUMER PRODUCTS, U.S. DEPARTMENT OF ENERGY WASHINGTON, DC. THAT'S ENERGY EFFICIENCY PROGRAM FOR CONSUMER PRODUCTS, U.S. DEPARTMENT OF ENERGY, WASHINGTON, DC 20585.

# # # #

NOTE TO REPORTERS: There will also be two public hearings on this proposal. The dates for requesting to speak at the hearings have passed. The first hearing will be held May 11-12, 1982, beginning at 9:00 a.m. in the Dirksen Federal Building, 219 South Dearborn, Chicago. The second hearing will be held May 18-21, 1982, at the Forrestal Building, 1000 Independence Avenue, SW, Washington, DC.

For more information on this proposal, check the Federal Register for April 2, 1982, beginning on page 14424. Copies should be available at your library. Or call at the Department of Energy: Michael J. McCabe, Office of Conservation and Renewable Energy on 202/252-9127; Lona Feldman, Acting Assistant General Counsel for Conservation and Renewable Energy on 202/252-9507; or Eugene Margolis, Office of General Counsel on 202/252-9510.

(SCRIPTS ON DIFFERENT TOPICS ARE ON THE REVERSE.)

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

MAY 1982

STORING JUICE IN OPEN CANS (:60)

#818

IF YOU BUY JUICES IN CANS, STORE THE JUICE IN A GLASS OR PLASTIC CONTAINER AFTER THE CAN HAS BEEN OPENED. THE U.S. FOOD AND DRUG ADMINISTRATION WARNS THAT JUICES REFRIGERATED IN OPENED CANS MAY END UP WITH HIGH LEAD LEVELS. HOWEVER, THERE SHOULD BE NO PROBLEM IF THE JUICE IS DRUNK IMMEDIATELY AFTER THE CAN IS OPENED.

FDA ISSUED THIS WARNING AS A RESULT OF STUDIES DONE BY THE SOUTH CAROLINA DEPARTMENT OF HEALTH AND ENVIRONMENTAL CONTROL AND FOLLOWUP STUDIES DONE BY FDA'S BUREAU OF FOODS. THESE STUDIES SHOWED THAT LEAD LEVELS INCREASED SEVEN OR MORE TIMES WHEN OPENED CANS OF JUICE WERE HELD IN THE REFRIGERATOR FOR FIVE DAYS. AND THE LONGER THE JUICE WAS HELD IN THE CAN, THE HIGHER THE LEAD LEVELS BECAME.

SO IF YOU HAVE ANY CANNED ACIDIC FOODS, SUCH AS JUICES, CITRUS FRUITS, OR SAUERKRAUT OR TOMATOES, STORE THEM IN GLASS OR PLASTIC CONTAINERS ONCE THEY ARE OPENED. THAT WAY, THERE WILL BE NO HEALTH PROBLEMS FROM INCREASES IN LEAD RESIDUES.

# # # #

STORING JUICE IN OPEN CANS (:15)

IF YOU BUY JUICES IN CANS, STORE THE JUICE IN A GLASS OR PLASTIC CONTAINER AFTER THE CAN HAS BEEN OPENED. THE U.S. FOOD AND DRUG ADMINISTRATION WARNS THAT JUICES REFRIGERATED IN THE CAN MAY END UP WITH HIGH LEAD LEVELS. HOWEVER, THERE SHOULD BE NO PROBLEM IF THE JUICE IS DRUNK IMMEDIATELY AFTER THE CAN IS OPENED.

# # # #

819

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

NEWARK PUBLIC LIBRARY
MAY 18 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

MAY 1982

LANDSCAPING TO CUT FUEL COSTS (:30) #819

A WINDBREAK OF THREE ROWS OF EVERGREENS COULD MAKE A SUBSTANTIAL DIFFERENCE IN YOUR HEATING BILLS. THIS IS PARTICULARLY TRUE IF YOU HAVE AN OLDER HOUSE WITHOUT TOO MUCH INSULATION, NOTES THE U.S. DEPARTMENT OF AGRICULTURE. TREES PLANTED TO THE NORTHWEST OF THE HOUSE WILL CUT A TWENTY-MILE-AN-HOUR WIND DOWN TO FIVE-MILES-AN-HOUR. AND THE TREES CAN BE ACROSS THE YARD AND STILL MAKE A DIFFERENCE. TO LEARN MORE, TALK WITH YOUR COUNTY EXTENSION AGENT, OR SEND FOR A COPY OF LANDSCAPING TO CUT FUEL COSTS. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

LANDSCAPING TO CUT FUEL COSTS (:20)

IF YOU PLANT ROWS OF EVERGREENS TO BLOCK THE NORTHWESTERLY WINDS, YOU COULD SAVE ON YOUR HEATING BILLS, SAYS THE U.S. DEPARTMENT OF AGRICULTURE. THE TREES WILL CUT A TWENTY-MILE-AN-HOUR WIND DOWN TO FIVE. AND THE TREES CAN BE ACROSS THE YARD AND STILL BE EFFECTIVE. TO LEARN MORE, TALK WITH YOUR COUNTY EXTENSION AGENT, OR SEND FOR A COPY OF LANDSCAPING TO CUT FUEL COSTS. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

MAY 1982

LANDSCAPING TO CUT FUEL COSTS (2:00)

#819

WOOD HEAT IS ONE OF THE "IN" WAYS TO CUT FUEL BILLS. BUT HAVE YOU EVER THOUGHT ABOUT PLANTING TREES INSTEAD OF BURNING THEM TO HELP REDUCE YOUR HEATING--AND COOLING--COSTS?

THE U.S. DEPARTMENT OF AGRICULTURE HAS STUDIED A NUMBER OF WAYS THAT LANDSCAPING CAN HELP TO CUT WINTER WINDS AND TO KEEP THE SUMMER SUN FROM BEATING ON YOUR HOUSE.

THEY FOUND THAT A WINDBREAK OF TALL EVERGREEN TREES PLANTED IN THREE ROWS WILL REDUCE A WHISTLING TWENTY-MILE-AN-HOUR WIND DOWN TO ONLY FIVE-MILES-AN-HOUR. THAT CAN MAKE A DIFFERENCE IN THE WIND-CHILL FACTOR OF MORE THAN THIRTY DEGREES.

AND THE WIND SPEED WILL BE CUT NOT ONLY RIGHT NEXT TO THE TREES, BUT AS FAR AWAY AS 100 FEET OR MORE. SO YOU DON'T HAVE TO PLANT THE ROWS OF TREES RIGHT NEXT TO THE HOUSE. THEY CAN BE ACROSS THE YARD BLOCKING THE NORTH-WESTERLY WINDS AND STILL SLOW THE CHILLING GUSTS THAT CAN GO RIGHT THROUGH THE WINDOWS AND WALLS OF THE HOUSE.

OF COURSE, YOU CAN ALSO HELP BY PLANTING SOME SHRUBS NEAR THE FOUNDATION. THEY WILL CREATE A DEAD AIR SPACE NEXT TO THE HOUSE THAT ACTS LIKE INSULATION AND HELPS CUT YOUR BILLS.

ON THE NORTH SIDE OF THE HOUSE, THOSE SHRUBS SHOULD BE EVERGREEN. BUT ON THE SOUTH SIDE, THEY SHOULD LOSE THEIR LEAVES IN WINTER TO LET THE SUN THROUGH.

(MORE)

LANDSCAPING TO CUT FUEL COSTS/ADD ONE

BESIDE SHRUBS, THERE ARE A COUPLE OF OTHER WAYS YOU CAN GAIN SHADE FOR THE SOUTH SIDE DURING THE SUMMER. A LARGE, LEAFY TREE PLANTED TO SHADE THE SIDE OF THE HOUSE AND THE ROOF CAN MAKE A REAL DIFFERENCE IN YOUR COOLING BILLS. BUT YOU CAN ALSO GET THE SAME EFFECT FROM VINES THAT LOSE THEIR LEAVES DURING THE WINTER. VINES ALSO PROVIDE SOME EXTRA COOLING BY THE EVAPORATION OF WATER FROM THEIR LEAVES. TO PROTECT YOUR HOUSE, HOWEVER, MAKE SURE THE VINES ARE ON TRELLISES SINCE VINES THAT CLING DIRECTLY TO THE WALLS CAN CAUSE STRUCTURAL DAMAGE.

THE ADVANTAGES OF PLANTING A WINDBREAK OR SHADE TREES ARE PARTICULARLY IMPORTANT IF YOU HAVE AN OLDER HOUSE WITH POOR INSULATION. IN THAT CASE, YOU COULD FIND YOUR FUEL BILLS IN WINTER AND COOLING BILLS FOR SUMMER MUCH MORE ACCEPTABLE.

TO LEARN MORE, TALK WITH YOUR COUNTY EXTENSION AGENT OR SEND FOR A COPY OF LANDSCAPING TO CUT FUEL COSTS. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

MAY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

LANDSCAPING TO CUT FUEL COSTS (:60)

#819

TO HELP CUT YOUR HEATING COSTS THIS YEAR, PLANT A TREE INSTEAD OF BURNING IT. THE U.S. DEPARTMENT OF AGRICULTURE HAS FOUND THAT A TALL WINDBREAK OF EVERGREENS WILL REDUCE A WHISTLING TWENTY-MILE-AN-HOUR WIND DOWN TO ONLY FIVE-MILES-AN-HOUR. AND THAT WIND SPEED WILL BE CUT NOT ONLY RIGHT NEXT TO THE TREES, BUT AS FAR AWAY AS 100 FEET. SO YOU DON'T HAVE TO PLANT THE ROW OF TREES CLOSE TO THE HOUSE. AS LONG AS THEY BLOCK THE NORTH-WESTERLY WINDS, THEY CAN BE ACROSS THE YARD AND STILL MAKE A BIG DIFFERENCE.

AGRICULTURE ALSO RECOMMENDS THAT YOU PLANT SMALLER TREES AND SHRUBS NEAR THE FOUNDATION. THEY WILL CREATE A DEAD AIR SPACE NEXT TO THE HOUSE THAT WILL ACT LIKE INSULATION AND HELP KEEP YOUR HEATING AND COOLING BILLS UNDER CONTROL.

ON THE NORTH SIDE OF THE HOUSE, THOSE SHRUBS SHOULD BE EVERGREENS. BUT ON THE SOUTH SIDE, THEY SHOULD LOSE THEIR LEAVES IN WINTER TO LET THE SUN THROUGH. AND THE SAME IS TRUE FOR TREES YOU PLANT ON THE SOUTH TO PROTECT THE HOUSE FROM THE SUMMER SUN.

TO LEARN MORE, TALK WITH YOUR COUNTY EXTENSION AGENT, OR SEND FOR A COPY OF LANDSCAPING TO CUT FUEL COSTS. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

820

NEWARK PUBLIC LIBRARY

Federal Consumer Focus

MAY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

MAY 18 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

#820

BALDNESS TREATMENTS (:30)

IF YOU'RE ABOUT TO BUY A PRODUCT THAT PROMISES TO GROW NEW HAIR OR TO STOP HAIR LOSS, WATCH OUT. THE U.S. FOOD AND DRUG ADMINISTRATION WARNS THAT PRODUCTS THAT TAKE YOUR MONEY WITH PROMISES OF GIVING YOU NEW HAIR DO ONLY ONE THING -- THEY TAKE YOUR MONEY. A PANEL OF MEDICAL SCIENTISTS CONCLUDED THAT THESE PRODUCTS WERE SAFE FOR EXTERNAL USE WHEN USED AS SPECIFIED, BUT THEY COULDN'T GROW HAIR OR PREVENT HAIR LOSS. TO LEARN MORE, SEND FOR A COPY OF BALDNESS TREATMENTS. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

BALDNESS TREATMENTS (:20)

IF YOU'RE ABOUT TO BUY A PRODUCT THAT TAKES YOUR MONEY WITH PROMISES OF GROWING NEW HAIR, THE U.S. FOOD AND DRUG ADMINISTRATION WARNS THEY WILL DO ONLY ONE THING -- TAKE YOUR MONEY. A PANEL OF MEDICAL SCIENTISTS CONCLUDED THAT THERE WERE NO HAIR GROWTH PRODUCTS THAT COULD GROW NEW HAIR. TO LEARN MORE, SEND FOR A FREE COPY OF BALDNESS TREATMENTS FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

MAY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

BALDNESS TREATMENTS (2:00) #820

IF YOU'RE ABOUT TO BUY A PRODUCT THAT PROMISES TO GROW NEW HAIR, OR TO STOP HAIR LOSS, WATCH OUT--BALDNESS IS FOREVER. THE U.S. FOOD AND DRUG ADMINISTRATION WARNS THAT PRODUCTS THAT TAKE YOUR MONEY WITH PROMISES OF NEW HAIR DO ONLY ONE THING--THEY TAKE YOUR MONEY.

OFTEN SOLD THROUGH THE MAIL OR THROUGH BARBER AND BEAUTY SHOPS, PRODUCTS FOR TREATING BALDNESS ARE LEGALLY OVER-THE-COUNTER DRUGS REGULATED BY FDA. THEY ARE TERMED "DRUGS" BECAUSE THE MANUFACTURERS CLAIM THEY HAVE A BIOLOGICAL EFFECT.

SO, THE FDA CALLED TOGETHER A MEDICAL ADVISORY PANEL TO EVALUATE MANY OF THESE PRODUCTS.

THESE MEDICAL SCIENTISTS CAREFULLY SCRUTINIZED THE MEDICAL LITERATURE ON HAIR GROWTH PRODUCTS. THEY ALSO EXAMINED PRODUCT LABELS AND INSTRUCTIONS AND EVALUATED DATA SUBMITTED BY PRODUCT MANUFACTURERS AND OTHERS.

THE PANEL CONCLUDED THAT THE INGREDIENTS WERE SAFE FOR EXTERNAL USE WHEN USED AS SPECIFIED. BUT, NO PRODUCT THAT WAS SUBMITTED COULD DO WHAT WAS CLAIMED--THEY COULD NOT GROW HAIR OR PREVENT HAIR LOSS.

THERE ARE PRODUCTS, THE PANEL NOTED, THAT HAVE THE COSMETIC EFFECT OF MAKING HAIR SEEM THICKER. BUT, THIS IS NOT A DRUG ACTION AND HAIR GROWTH IS NOT INVOLVED.

(MORE)

BALDNESS TREATMENTS/ADD ONE

WHAT CAN AFFECT HAIR GROWTH? NOTHING APPLIED EXTERNALLY INCLUDING HORMONES, SINCE HAIR GROWTH OCCURS FROM THE HAIR ROOT. BUT, HORMONES PRODUCED BY THE BODY CAN CAUSE BALDNESS IN MALES WHO HAVE INHERITED THE GENE FOR MALE-PATTERN BALDNESS. YOU MAY HAVE NOTICED THAT WOMEN AND CHILDREN GENERALLY HAVE STRAIGHT ACROSS HAIRLINES, WHILE MEN HAVE HAIR LINES THAT ARE OFTEN SHAPED LIKE AN "M." IN MEN WITH THE INHERITED TRAIT FOR BALDNESS, THE POINT OF THE "M" GRADUALLY RECEDES AND EVENTUALLY THE CROWN AND THE RECEDING POINT CONNECT.

SOME PHYSICAL CONDITIONS CAN CAUSE OVERALL LOSS OF HAIR IN BOTH MEN AND WOMEN. THESE INCLUDE DRUG THERAPY, IRON DEFICIENCY, FEVER, RADIATION, THYROID IMBALANCE, CRASH DIETING AND STARVATION. THERE CAN ALSO BE HAIR LOSS IN WOMEN FOLLOWING CHILDBIRTH AS THE HORMONAL BALANCE SUDDENLY SHIFTS. BUT THESE ARE USUALLY TEMPORARY. AND MALE-PATTERN BALDNESS IS, UNFORTUNATELY, PERMANENT.

FOR A FREE COPY OF THE FACTSHEET BALDNESS TREATMENTS, WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

MAY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

BALDNESS TREATMENTS (:60)

#820

IF YOU'RE ABOUT TO BUY A PRODUCT THAT PROMISES TO GROW NEW HAIR OR TO STOP HAIR LOSS, WATCH OUT -- BALDNESS IS FOREVER. THE U.S. FOOD AND DRUG ADMINISTRATION WARNS THAT PRODUCTS THAT TAKE YOUR MONEY WITH PROMISES OF GIVING YOU NEW HAIR, DO ONLY ONE THING -- THEY TAKE YOUR MONEY.

A PANEL OF MEDICAL SCIENTISTS CALLED TOGETHER BY FDA EVALUATED MANY OF THESE PRODUCTS. THE PANEL CONCLUDED THE INGREDIENTS WERE SAFE FOR EXTERNAL USE WHEN USED AS SPECIFIED. BUT NO PRODUCT THAT WAS EVALUATED COULD DO WHAT WAS CLAIMED -- THEY COULD NOT GROW HAIR OR PREVENT HAIR LOSS.

THERE ARE PRODUCTS, THE PANEL NOTED, THAT HAVE THE COSMETIC EFFECT OF MAKING HAIR SEEM THICKER. BUT THIS IS NOT A DRUG ACTION, AND HAIR GROWTH IS NOT INVOLVED.

THERE ARE CERTAIN CONDITIONS THAT CAN BRING ABOUT TEMPORARY BALDNESS. HAIR WILL NORMALLY RETURN WHEN THE CONDITION IS CORRECTED. BUT IF YOU HAVE MALE-PATTERN BALDNESS, IT'S PERMANENT.

TO LEARN MORE, SEND FOR FREE COPY OF THE FACTSHEET, BALDNESS TREATMENTS. WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

821

NEWARK PUBLIC LIBRARY
MAY 18 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

Federal Consumer Focus

MAY 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

Subterranean Termites (:30)

#821

Some unexpected house guests can be fun. But, there's no pleasure in finding termites have arrived. The U.S. Department of Agriculture notes that these are some signs of termite infestation: Look for large numbers of winged termites coming out of the soil or wood around your house. Also check for termite wings beneath doors or window. And, to learn how to eliminate termites, send for a copy of Subterranean Termites. It's $1.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Subterranean Termites (:20)

Not sure if those bugs near your house are termites or flying ants? The Department of Agriculture says look at the wings. Termites have all four wings the same, while ants have one pair larger than the other. Another difference is that termites do not have a waistline, but flying ants do. To learn more, send $1.75 for a copy of Subterranean Termites to Consumer Focus, Pueblo, Colorado 81009.

# # # #

GS 11.9/3:

Federal Consumer Focus

May 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Subterranean termites (2:00) #821

Some unexpected house guests can be a pleasant surprise. But others can eat you out of house and home. Surprise guests that definitely fall into the second category are termites.

Subterranean, or ground-nesting, termites are by far the most destructive of wood insects. They attack buildings and other wood products in every state, except for Alaska.

Knowing how to recognize the symptoms of termites and their dirty work can help you prevent severe damage to your property. Here's some advice from the U.S. Department of Agriculture on what to watch for:

Large numbers of winged termites emerging or swarming from the soil or wood may be the first sign of the presence of a termite colony. But flying ants can appear at the same time.

One way to tell the difference is to look at their middles. Termites do not have a waist, but ants do. Another way is to look at their wings. All four termite wings are the same size, while ants have one pair larger than the other.

Even when you don't see the termites actually flying around, if you find their discarded wings beneath doors or windows, that's a serious sign.

You have to seek out other signs that termites have invaded. Check on foundation walls for flattened, earthen shelter tubes. They are from one-fourth to one-half inch or more wide. Termites use them as a passage

(more)

BETWEEN THE WOOD AND THE SOIL WHERE THEY OBTAIN THEIR MOISTURE.

IF YOU FIND EVIDENCE OF TERMITES, IT IS IMPORTANT TO ELIMINATE THE CONDITIONS THAT LET TERMITES EAT YOUR HOUSE. ONE WAY IS TO MAKE STRUCTURAL CHANGES SO THEY ARE UNABLE TO REACH THE SOIL. IF THEY ARE UNABLE TO GET SOURCES OF MOISTURE, THEY'LL DIE.

THERE ARE ALSO CHEMICAL METHODS OF RIDDING YOURSELF OF TERMITES. BUT IT IS WISE TO GET SOME PROFESSIONAL HELP BEFORE USING CHEMICAL CONTROLS.

FINALLY, IF YOU ARE BUILDING A NEW HOUSE, IT IS WISE TO TAKE PREVENTIVE MEASURES BEFORE THE HOUSE IS CONSTRUCTED.

TO LEARN ABOUT THESE MEASURES, AND THE STRUCTURAL AND CHEMICAL METHODS YOU CAN USE IN YOUR EXISTING HOUSE, AND MORE ON HOW TO RECOGNIZE TERMITE PROBLEMS, SEND FOR A COPY OF SUBTERRANEAN TERMITES. IT'S $1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

May 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Subterranean Termites (:60) #821

Some unexpected house guests can be a pleasant surprise. But there's no pleasure in finding termites have arrived.

To help you recognize the symptoms of termites, the U.S. Department of Agriculture passes along these tips:

Large numbers of winged termites emerging or swarming from the soil or wood may be the first sign of the presence of a termite colony. But flying ants can appear at the same time.

One way to tell the difference is to look at their middles. Termites do not have a waistline but ants do.

Even when you don't see the termites actually flying around, if you find the termite wings beneath doors or window, that's a serious sign.

Other signs that termites have invaded are not so obvious. Check on foundation walls for flattened, earthen shelter tubes. From one-fourth to one-half inch or more wide, these tubes are used as a passageway between the wood and the soil where termites get their moisture.

To learn how to deal with termites, send for a copy of Subterranean Termites. It's $1.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

822

Federal Consumer Focus

MAY 1982

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794

NEWARK PUBLIC LIBRARY
MAY 18 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

SUMMERTIME FOOD SAFETY (:30) #822

BEFORE YOU HEAD OFF FOR A COOKOUT, BE SURE YOU DON'T HAVE AN UNINVITED GUEST ALONG. FOOD POISONING CAN GO UNNOTICED SINCE GERMS DON'T CHANGE THE LOOK, TASTE OR SMELL OF FOOD. PROTECT YOURSELF BY KEEPING PERISHABLE FOODS IN A WELL-INSULATED COOLER WITH PLENTY OF ICE SO THEY'LL STAY COLD. PUT LEFTOVERS IN THE COOLER RIGHT AWAY, MAKING SURE THERE'S ENOUGH ICE LEFT TO GET THE FOOD HOME. FOR A FREE COPY OF FOOD SAFETY FOR THE FAMILY WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

C S 11.9/2:

Federal Consumer Focus

MAY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

SUMMERTIME FOOD SAFETY (2:00)   #822

CRISP FRIED CHICKEN, JUST THE WAY YOU LIKE IT, POTATO SALAD, COLE-SLAW AND COCONUT CUSTARD PIE. WHAT A TREAT--ALL YOUR FAVORITE FOODS LINED UP ON THE PICNIC TABLE-ALONG WITH A FEW UNINVITED ANTS. UNFORTUNATELY, UNLESS YOU'VE TAKEN THE PROPER PRECAUTIONS, ANOTHER UNINVITED GUEST COULD BE FOOD POISONING. AND, IT CAN GO UNNOTICED SINCE GERMS SELDOM CHANGE THE TASTE, ODOR, OR APPEARANCE OF FOOD.

THE U.S. DEPARTMENT OF AGRICULTURE REMINDS YOU THAT WHEN YOU PURCHASE MEAT AND POULTRY FOR YOUR COOKOUT, IT CAN BE STORED IN THE PLASTIC WRAP FOR A DAY OR TWO. TO KEEP IT LONGER THAN THAT, STORE IT IN THE FREEZER IN MOISTURE PROOF WRAP SUCH AS FOIL,FREEZER PAPER OR PLASTIC WRAP. WHEN YOU GET READY TO THAW THE HAMBURGER AND CHICKEN FOR THE BARBEQUE, DEFROST THEM IN THEIR WRAPPINGS, IN THE REFRIGERATOR. FOR A QUICKER METHOD, THAW THEM IN WATER TIGHT WRAPPING UNDER COLD WATER. COOK MEAT AND POULTRY PROMPTLY AFTER THAWING.

IF YOUR PICNIC IS TAKING PLACE OUT OF REFRIGERATOR RANGE, KEEP YOUR PERISHABLE FOODS--INCLUDING HOT DOGS AND LUNCH MEATS--IN A WELL-INSULATED COOLER WITH PLENTY OF ICE SO THEY'LL STAY COLD. AND, ONCE YOU'RE THROUGH EATING PUT THE LEFTOVERS IN THE COOLER RIGHT AWAY. BE SURE THERE'S ENOUGH ICE LEFT IN THE COOLER TO KEEP LEFTOVERS COLD UNTIL YOU GET HOME.

THE SYMPTOMS OF FOOD POISONING ARE LIKE THOSE OF THE FLU. IN FACT, FOOD POISONING IS OFTEN MISTAKEN FOR FLU. HEADACHE, DIARRHEA, VOMITING, ABDOMINAL CRAMPS AND FEVER ARE SOME OF THE TELLTALE SIGNS. IN ANY CASE,

(MORE)

Summertime Food Safety/Add one

IF THESE SYMPTOMS ARE SERIOUS OR LAST FOR MORE THAN A DAY, SEE YOUR DOCTOR. BUT THE BEST WAY TO AVOID FOOD POISONING IS BY PREVENTING IT IN THE FIRST PLACE.

FOR A FREE COPY OF Food Safety for the Family, WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND THIS STATION ____________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

MAY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

SUMMERTIME FOOD SAFETY (:60) #822

CRISP FRIED CHICKEN JUST THE WAY YOU LIKE IT, POTATO SALAD, COLE-SLAW AND COCONUT CUSTARD PIE. WHAT A TREAT--ALL YOUR FAVORITE FOOD LINED UP ON THE PICNIC TABLE--ALONG WITH A FEW UNINVITED ANTS. UNFORTUNATELY, UNLESS YOU'VE TAKEN THE PROPER PRECAUTIONS, ANOTHER UNINVITED GUEST COULD BE FOOD POISONING. AND, IT CAN GO UNNOTICED SINCE GERMS SELDOM CHANGE THE TASTE, ODOR, OR APPEARANCE OF FOOD.

IF YOUR PICNIC IS TAKING PLACE OUT OF REFRIGERATOR RANGE, KEEP YOUR PERISHABLE FOODS--INCLUDING HOT DOGS AND LUNCH MEATS--IN A WELL-INSULATED COOLER WITH PLENTY OF ICE SO THEY'LL STAY COLD. AND, ONCE YOU'RE THROUGH EATING, PUT THE LEFTOVERS IN THE COOLER RIGHT AWAY. BE SURE THERE'S ENOUGH ICE LEFT IN THE COOLER TO KEEP LEFTOVERS COLD UNTIL YOU GET HOME.

THE SYMPTOMS OF FOOD POISONING ARE LIKE THOSE OF THE FLU. IN FACT, FOOD POISONING IS OFTEN MISTAKEN FOR FLU. HEADACHE, DIARRHEA, VOMITING, ABDOMINAL CRAMPS, AND FEVER ARE SOME OF THE TELLTALE SIGNS. IN ANY CASE, IF THESE SYMPTOMS LAST FOR MORE THAN A DAY, SEE YOUR DOCTOR. FOR A FREE COPY OF FOOD SAFETY FOR THE FAMILY, WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

823

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

NEWARK PUBLIC LIBRARY
MAY 18 1982
U.S. GOVT. PUBS.
DEPOSITORY 376

MAY 1982

LESSER KNOWN AREAS OF THE NATIONAL PARK SYSTEM (:30) #823

IF YOU THINK THAT BEARS AND NATIONAL PARKS GO TOGETHER, THINK AGAIN. THERE ARE VERY FEW BEARS IN THE EDISON NATIONAL HISTORIC SITE IN WEST ORANGE, NEW JERSEY, ALTHOUGH THERE MAY BE SOME BARE WIRES. AND DINOSAUR NATIONAL MONUMENT IN DINOSAUR, COLORADO IS MORE KNOWN FOR ITS FOSSIL REMAINS THAN ITS LIVE FAUNA. THERE ARE MANY PARKS--SOME NEAR YOU--THAT DON'T HAVE TOO MANY VISITORS. TO LEARN ABOUT THEM FOR YOUR VACATION, SEND FOR A COPY OF LESSER KNOWN AREAS OF THE NATIONAL PARK SYSTEM. IT'S $4.00 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

LESSER KNOWN AREAS OF THE NATIONAL PARK SYSTEM (:20)

BEFORE YOU PLAN YOUR SUMMER VACATION, SEND FOR A COPY OF LESSER KNOWN AREAS OF THE NATIONAL PARK SYSTEM. IT LISTS THE LOCATIONS OF MORE THAN 150 NATIONAL PARKS, HISTORIC SITES, AND MONUMENTS--MANY NEAR YOU--THAT DON'T HAVE TOO MANY VISITORS. IT ALSO DESCRIBES THE ACCOMMODATIONS AND ACTIVITIES AVAILABLE. FOR YOUR COPY OF LESSER KNOWN AREAS OF THE NATIONAL PARK SYSTEM, SEND $4.00 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal
Consumer
Focus
May 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Lesser-Known Areas of the National Park System
Supplemental Information

The more than 150 National Parks, Monuments, and Historic Sites listed below are not heavily visited. Only about a fifth charge a slight entrance fee. Many are also close to state parks, national forests, and other recreation areas. Copies of Lesser-Known Areas of the National Parks System are $4.00 from Consumer Focus, Pueblo, Colorado 81009.

ALABAMA

Horseshoe Bend Natl. Military Park, Rt. 1, Box 103, Daviston, AL 36256
Russell Cave Natl. Mon., Rt. 1, Box 175, Bridgeport, AL 35740
Tuskegee Institute Natl. Historic Site, P.O. Box 1246, Tuskegee Institute, AL 36088

ALASKA

Glacier Bay Natl. Mon., P.O. Box 1089, Juneau, AK 99802
Katmai Natl. Mon., P.O. Box 7, King Salmon, AK 99613
Klondike Gold Rush Natl. Historical Park, P.O. Box 517, Skagway, AK 99840 (See also Wash.)
Sitka Natl. Historical Park, P.O. Box 738, Sitka, AK 99835

ARIZONA

Canyon de Chelly Natl. Mon., P.O. Box 588, Chinle, AZ 86503
Casa Grande Natl. Mon., P.O. Box 518, Coolidge, AZ 85228
Chiricahua Natl. Mon., Dos Cabezas Star Route, Willcox, AZ 85643
Coronado Natl. Mem., Rt. 1, Box 126, Hereford, AZ 85615
Fort Bowie Natl. Historic Site, P.O. Box 158, Bowie, AZ 85605
Hubbell Trading Post Natl. Historic Site, P.O. Box 150, Ganado, AZ 86505
Montezuma Castle Natl. Mon., P. O. Box 68, Clarkdale, AZ 86324
Navajo Natl. Mon., Tonalea, AZ 86044
Organ Pipe Cactus Natl. Mon., Route 1, Box 100, Ajo, AZ 85321
Pipe Spring Natl. Mon., Moccasin, AZ 86022
Saguaro Natl. Mon., P.O. Box 17210, Tucson, AZ 85731
Sunset Crater Natl. Mon., Rt. 3, Box 149, Flagstaff, AZ 86001
Tonto Natl. Mon., P.O. Box 707, Roosevelt, AZ 85545
Tumacacori Natl. Mon., P.O. Box 67, Tumacacori, AZ 85640
Tuzigoot Natl. Mon., P.O. Box 68, Clarkdale, AZ 86324
Walnut Canyon Natl. Mon., Rt. 1, Box 25, Flagstaff, AZ 86001
Wupatki Natl. Mon., Tuba Star Route, Flagstaff, AZ 86001

ARKANSAS

Arkansas Post Natl. Mem., Rt. 1, Box 16, Gillett, AR 72055
Fort Smith Natl. Historic Site, P.O. Box 1406, Fort Smith, AR 72902
Pea Ridge Natl. Military Park, Pea Ridge, AR 72751

CALIFORNIA

Devils Postpile Natl. Mon., c/o Sequoia and Kings Canyon Natl. Parks, Three Rivers, CA 93271
Fort Point Natl. Historic Site, P.O. Box 29333, Presidio of San Francisco, CA 94129
John Muir Natl. Historic Site, 4202 Alhambra Ave., Martinez, CA 94553
Lava Beds Natl. Mon., P.O. Box 867, Tulelake, CA 96134
Pinnacles Natl. Mon., Paicines, CA 95043

COLORADO

Bent's Old Fort Natl. Historic Site, P.O. Box 581, La Junta, CO 81050
Black Canyon of the Gunnison Natl. Mon., P.O. Box 1648, Montrose, CO 81401
Dinosaur Natl. Mon. (Colo., Utah) P.O. Box 210, Dinosaur, CO 81610
Florissant Fossil Beds Natl. Mon., P.O. Box 185, Florissant, CO 80816
Great Sand Dunes Natl. Mon., P.O. Box 60, Alamosa, CO 81101
Hovenweep Natl. Mon., (Colo., Utah), McElmo Route, Cortez, CO 81321

DISTRICT OF COLUMBIA

Frederick Douglass Home, 1411 W St., SE, Washington, DC 20020

FLORIDA

Biscayne Natl. Mon., P.O. Box 1369, Homestead, FL 33030
DeSoto Natl. Mem., 75th St., NW, Bradenton, FL 33505
Fort Caroline Natl. Mem., 12713 Fort Caroline Rd., Jacksonville, FL 32225
Fort Jefferson Natl. Mon., c/o U.S. Coast Guard Base, Key West, FL 33040

GEORGIA

Andersonville Natl. Historic Site, Andersonville, GA 31711
Fort Pulaski Natl. Mon., P.O. Box 98, Tybee Island, GA 31328
Ocmulgee Natl. Mon., 1207 Emery Hwy., Macon, GA 31201

HAWAII

Puukohola Heiau Natl. Historic Site, P.O. Box 4963, Kawaihae, HI 96743

IDAHO

Craters of the Moon Natl. Mon., P.O. Box 29, Arco, ID 83213
Nez Perce Natl. Historical Park, P.O. Box 93, Spalding, ID 83551

INDIANA

George Rogers Clark Natl. Historical Park, 401 S. Second St., Vincennes, IN 47591

IOWA

Effigy Mounds Natl. Mon., P.O. Box K, McGregor, IA 52157

KANSAS

Fort Larned Natl. Historic Site, Rt. 3, Larned, KS 67550
Fort Scott Natl. Historic Site, Old Fort Blvd., Fort Scott, KS 66701

KENTUCKY

Abraham Lincoln Birthplace Natl. Historic Site, R.F.D. 1, Hodgenville, KY 42748
Cumberland Gap Natl. Historical Park (Ky., Tenn., Va.), P.O. Box 840, Middlesboro, KY 40965

MARYLAND

Antietam Natl. Battlefield Site, Box 158, Sharpsburg, MD 21782
Clara Barton Natl. Historic Site, 5801 Oxford Rd., Glen Echo, MD 20768
Fort McHenry Natl. Mon. and Historic Shrine, Baltimore, MD 21230
Fort Washington Park, Natl. Capital Parks—East, 5210 Indian Head Hwy., Oxon Hill, MD 20021
Hampton Natl. Historic Site, 535 Hampton Lane, Towson, MD 21204
Piscataway Park, Natl. Capital Parks-East, 5210 Indian Head Hwy., Oxon Hill, MD 20021

MASSACHUSETTS

John Fitzgerald Kennedy Natl. Historic Site, 83 Beals St., Brookline, MA 02146
Longfellow Natl. Historic Site, 105 Brattle St., Cambridge, MA 02138
Lowell Natl. Historical Park, P.O. Box 1098, Lowell, MA 01853
Saugus Iron Works Natl. Historic Site, 244 Central St., Saugus, MA 01906

MICHIGAN

Pictured Rocks Natl. Lakeshore, P.O. Box 40, Munising, MI 49862
Sleeping Bear Dunes Natl. Lakeshore, 400 Main St., Frankfort, MI 49635

MINNESOTA

Grand Portage Natl. Mon., P.O. Box 666, Grand Marais, MN 55604
Pipestone Natl. Mon., P.O. Box 727, Pipestone, MN 56164

MISSISSIPPI

Gulf Islands Natl. Seashore, 4000 Hanley Rd., Ocean Springs, MS 39564 (See also Fla.)

MISSOURI

George Washington Carver Natl. Monument, P.O. Box 38, Diamond, MO 64840

MONTANA

Big Hole Natl. Battlefield, P.O. Box 237, Wisdom, MT 59761
Bighorn Canyon Natl. Recreation Area (Mont., Wyo.), P.O. Box 458, Fort Smith, MT 59035
Custer Battlefield Natl. Monument, P.O. Box 39, Crow Agency, MT 59022
Grant-Kohrs Ranch Natl. Historic Site, P.O. Box 790, Deer Lodge, MT 59722

NEBRASKA

Agate Fossil Beds Natl. Mon., P.O. Box 427, Gering, NE 69341
Homestead Natl. Mon. of America, Rt. 3, Beatrice, NE 68310
Scotts Bluff Natl. Mon., P.O. Box 427, Gering, NE 69341

NEVADA

Lehman Caves Natl. Mon., Baker, NV 89311

NEW HAMPSHIRE

Saint-Gaudens Natl. Historic Site, R.D. 2, Windsor, VT 05089

NEW JERSEY

Edison Natl. Historic Site, Main St. and Lakeside Ave., West Orange, NJ 07052
Morristown Natl. Historical Park, 230 Morris St., Morristown, NJ 07960

NEW MEXICO

Aztec Ruins Natl. Mon., P.O. Box U, Aztec, NM 87410
Capulin Mountain Natl. Mon., Capulin, NM 88414
Chaco Canyon Natl. Mon., Star Route 4, Box 6500, Bloomfield, NM 87413
El Morro Natl. Mon., Ramah, NM 87321
Fort Union Natl. Mon., Watrous, NM 87753
Gila Cliff Dwellings Natl. Mon., Gila Hot Springs Rt. 11, Box 100, Silver City, NM 88061
Gran Quivira Natl. Mon., Rt. 1, Mountainair, NM 87036
Pecos Natl. Mon., P.O. Drawer 11, Pecos, NM 87552

NEW YORK

Castle Clinton Natl. Mon., c/o Manhattan Sites, NPS, 26 Wall St., New York, NY 10005
Federal Hall Natl. Mem., c/o Manhattan Sites, NPS, 26 Wall St., New York, NY 10005
Fire Island Natl. Seashore, 120 Laurel St., Patchogue, NY 11772
Fort Stanwix Natl. Mon., 112 E. Park St., Rome, NY 13440
Hamilton Grange Natl. Mem., 287 Convent Ave., New York, NY 10031
Home of Franklin D. Roosevelt Natl. Historic Site, Hyde Park, NY 12538
Sagamore Hill Natl. Historic Site, Cove Neck Rd., Box 304, Oyster Bay, NY 11771
Saratoga Natl. Historical Park, R.D. 1, Box 113-C, Stillwater, NY 12170
Theodore Roosevelt Birthplace Natl. Historic Site, 28 E. 20th St., New York, NY 10003
Upper Delaware Scenic and Recreational River, Cochecton, NY 12726
Vanderbilt Mansion Natl. Historic Site, Hyde Park, NY 12538

NORTH CAROLINA

Cape Lookout Natl. Seashore, P.O. Box 690, Beaufort, NC 28516
Carl Sandburg Home Natl. Historic Site, P.O. Box 395, Flat Rock, NC 28731
Moores Creek Natl. Military Park, P.O. Box 69, Currie, NC 28435

NORTH DAKOTA

Fort Union Trading Post Natl. Historic Site (N. Dak., Mont.), Buford Route, Williston, ND 58801
Knife River Indian Villages Natl. Historic Site, P.O. Box 175, Stanton, ND 58571

OHIO

Mound City Group Natl. Mon., 16062 State Route 104, Chillicothe, OH 45601
Perry's Victory and International Peace Mem., P.O. Box 78, Put-in-Bay, OH 43456

OREGON

Fort Clatsop Natl. Mem., Rt. 3, Box 604-FC, Astoria, OR 97103
John Day Fossil Beds Natl. Mon., 420 W. Main St., John Day, OR 97845
Oregon Caves Natl. Mon., 19000 Caves Junction, OR 97523

PENNSYLVANIA

Allegheny Portage Railroad Natl. Historic Site, P.O. Box 247, Cresson, PA 16630
Edgar Allen Poe Natl. Historic Site, c/o Independence Natl. Historical Park,
313 Walnut St., Philadelphia, PA 19106
Fort Necessity Natl. Battlefield, The National Pike, Farmington, PA 15437
Hopewell Village Natl. Historic Site, R.D. 1, Box 345, Elverson, PA 19520
Johnstown Flood Natl. Mem., c/o Allegheny Portage Railroad Natl. Historic Site

RHODE ISLAND

Roger Williams Natl. Mem., P.O. Box 367, Annex Station, Providence, RI 02901

SOUTH CAROLINA

Cowpens Natl. Battlefield, c/o Kings Mountain Natl. Military Park
Fort Sumter Natl. Mon., Drawer R, Sullivans Island, SC 29482
Kings Mountain Natl. Military Park, P.O. Box 31, Kings Mountain, NC 28086
Ninety Six Natl. Historic Site, P.O. Box 496, Ninety Six, SC 29666

SOUTH DAKOTA

Jewel Cave Natl. Mon., Custer, SD 57730

TENNESSEE

Andrew Johnson Natl. Historic Site, Depot St., Greeneville, TN 37743
Fort Donelson Natl. Military Park, P.O. Box F, Dover, TN 37058
Shiloh Natl. Military Park, Shiloh, TN 38376
Stones River Natl. Battlefield, Rt. 10, Box 401, Old Nashville Hwy., Murfreesboro, TN 37130

TEXAS

Alibates Flint Quarries Natl. Mon., c/o Lake Meredith NRA
Big Bend Natl. Park, Big Bend Natl. Park, TX 79834
Big Thicket Natl. Preserve, P.O. Box 7408, Beaumont, TX 77706
Fort Davis Natl. Historic Site, P.O. Box 1456, Fort Davis, TX 79734
Guadalupe Mountains Natl. Park, 3225 Natl. Parks Hwy., Carlsbad, NM 88220
Lake Meredith Natl. Recreation Area, P.O. Box 1438, Fritch, TX 79036

UTAH

Arches Natl. Park, 446 S. Main St., Moab, UT 84532
Canyonlands Natl. Park, 446 S. Main St., Moab, UT 84532
Capitol Reef Natl. Park, Torrey, UT 84775
Cedar Breaks Natl. Mon., P.O. Box 749, Cedar City, UT 84720
Natural Bridges Natl. Mon., c/o Canyonlands Natl. Park
Rainbow Bridge Natl. Mon., c/o Glen Canyon Natl. Recreation Area
Timpanogos Cave Natl. Mon., R.R. 3, Box 200, American Fork, UT 84003

VIRGINIA

Appomattox Court House Natl. Historical Park, P.O. Box 218, Appomattox, VA 24522
Booker T. Washington Natl. Mon., Rt. 1, Box 195, Hardy, VA 24101
Fredericksburg Natl. Military Park, P.O. Box 679, Fredericksburg, VA 22401
George Washington Birthplace Natl. Mon., Washington's Birthplace, VA 22575
Turkey Run Farm, c/o Geo. Washington Mem. Pkwy., Turkey Run Park, McLean, VA 22101
Maggie L. Walker Natl. Historic Site c/o Richmond Natl. Battlefield Park,
3215 E. Broad St., Richmond, VA 23223
Manassas Natl. Battlefield Park, P.O. Box 1830 Manassas, VA 22110
Richmond Natl. Battlefield Park, 3215 East Broad St., Richmond, VA 23223

VIRGIN ISLANDS

Buck Island Reef Natl. Mon., Box 160, Christiansted, St. Croix, VI 00820
Christiansted Natl. Historic Site, P.O. Box 160, Christiansted, St. Croix, VI 00820

WASHINGTON

Coulee Dam Natl. Recreation Area, P.O. Box 37, Coulee Dam, WA 99116
Fort Vancouver Natl. Historic Site, E. Evergreen Blvd., Vancouver, WA 98661
Klondike Gold Rush Natl. Hist. Park, 117 S. Main St., Seattle, WA 98104 (See also Alaska)
Lake Chelan Natl. Recreation Area, 800 State St., Sedro Woolley, WA 98284
North Cascades Natl. Park, 800 State St., Sedro Woolley, WA 98284
Ross Lake Natl. Recreation Area, 800 State St., Sedro Woolley, WA 98284
San Juan Island Natl. Historical Park, 300 Cattle Point Rd., Friday Harbor, WA 98250
Whitman Mission Natl. Historic Site, Rt. 2, Walla Walla, WA 99362

WEST VIRGINIA

Harpers Ferry Natl. Historical Park (W. Va., Md.), P.O. Box 65, Harpers Ferry, WV 25425

WISCONSIN

Apostle Islands Natl. Lakeshore, Old Courthouse Building, Bayfield, WI 54814

WYOMING

Devils Tower Natl. Mon., Devils Tower, WY 82714
Fort Laramie Natl. Historic Site, Fort Laramie, WY 82212
Fossil Butte Natl. Mon., P.O. Box 527, Kemmerer, WY 83101

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

MAY 1982

LESSER KNOWN AREAS OF THE NATIONAL PARK SYSTEM (:60) #823

GEYSERS. MOUNTAINS. BEARS. MENTION "NATIONAL PARKS," AND THOSE ARE THE THINGS MOST PEOPLE THINK OF. THEY DON'T THINK OF HOUSES IN THE CITY, OR UNINHABITED ISLANDS.

YET THERE ARE NATIONAL HISTORICAL SITES, PARKS, AND MONUMENTS THAT ARE LOCATED IN THESE PLACES. AND SINCE THESE AREAS AREN'T SO WELL KNOWN, YOU WON'T HAVE TO FIGHT THE CROWDS.

SOME OF THESE LESSER KNOWN PARKS ARE VERY LARGE, SUCH AS BISCAYNE NATIONAL PARK IN FLORIDA. IT CONTAINS A WELL-SHELTERED SECTION OF BISCAYNE BAY, 25 LOW ISLANDS, AND ABOUT 100,000 ACRES. SOME ARE SMALL, SUCH AS THE EDGAR ALLEN POE HOUSE NATIONAL HISTORIC SITE IN PHILADELPHIA.

SOME PARKS ARE BATTLEFIELDS OR FORTS FROM BEFORE THE REVOLUTION. OTHERS ARE INDIAN SITES. STILL OTHERS ARE THE HOMES OF PRESIDENTS OR OTHER FAMOUS HISTORICAL FIGURES.

SO BEFORE YOU PLAN YOUR SUMMER VACATION, SEND FOR A COPY OF THE BOOKLET, LESSER KNOWN AREAS OF THE NATIONAL PARK SYSTEM. IT LISTS THE LOCATIONS OF MORE THAN 150 PARKS--MANY NEAR YOU--ACCOMMODATIONS, AND ACTIVITIES. FOR YOUR COPY, SEND $4.00 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

824

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

NEWARK PUBLIC LIBRARY
MAY 18 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

MAY 1982

#824

PSORIASIS (:30)

ALTHOUGH PSORIASIS IS NOT PAINFUL, IT MAY BE DISFIGURING AND A SOURCE OF MENTAL ANGUISH.

WHILE THERE'S NO KNOWN CURE FOR IT, EARLY TREATMENT CAN HELP KEEP IT FROM GETTING WORSE. SINCE PSORIASIS ISN'T ALWAYS EASY TO DIAGNOSE, AND MAY BE CONFUSED WITH OTHER SKIN DISORDERS, IT'S IMPORTANT TO SEE YOUR DOCTOR. FOR MORE INFORMATION, SEND $1.75 FOR A COPY OF THE DEPARTMENT OF HEALTH & HUMAN SERVICES BOOKLET PSORIASIS. JUST WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

PSORIASIS (:20)

IF YOU SUFFER FROM PSORIASIS, SEE YOUR DOCTOR. WHILE THERE'S NO KNOWN CURE YET, EARLY TREATMENT CAN SLOW IT DOWN AND SINCE PSORIASIS MAY BE CONFUSED WITH SEVERAL OTHER SKIN DISORDERS, IT'S IMPORTANT TO GET IT CHECKED. FOR MORE INFORMATION, SEND $1.75 FOR A COPY OF THE DEPARTMENT OF HEALTH AND HUMAN SERVICES BOOKLET, PSORIASIS. WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

MAY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

PSORIASIS (2:00) #824

THERE ARE A LOT OF JOKES MADE ABOUT THOSE PSORIASIS COMMERCIALS. BUT, IF YOU SUFFER FROM PSORIASIS, THEN YOU KNOW IT'S NOT A LAUGHING MATTER. ALTHOUGH IT ISN'T PAINFUL, PSORIASIS MAY BE DISFIGURING AND A SOURCE OF MENTAL ANGUISH.

NORMALLY THE OUTER LAYER OF SKIN, CALLED THE EPIDERMIS, REPRODUCES ITSELF ABOUT ONCE A MONTH. AS NEW CELLS FORM, THE OLD SURFACE SKIN IS SHED UNOBTRUSIVELY IN THE FORM OF TINY FLAKES. WITH PSORIASIS, HOWEVER, PRODUCTION OF NEW CELLS IS SPEEDED UP, AND THE DISEASED SKIN REPRODUCES ITSELF EVERY THREE OR FOUR DAYS. THIS SPEEDED-UP PRODUCTION LEAVES THICKENED, REDDISH PATCHES OF SKIN COVERED WITH HEAVY, WHITISH SCALES.

ACCORDING TO THE DEPARTMENT OF HEALTH AND HUMAN SERVICES, PSORIASIS USUALLY BEGINS GRADUALLY, BUT MAY COME ON SUDDENLY. SMALL BRIGHT RED SPOTS APPEAR--OFTEN ON THE SCALP, THE ELBOWS, KNEES, OR LOWER BACK, ALTHOUGH, ANY PART OF THE SKIN SURFACE MAY BE AFFECTED.

PSORIASIS IS NOT ALWAYS EASY TO DIAGNOSE AND MAY BE CONFUSED WITH SEVERAL OTHER SKIN DISORDERS. HOWEVER, TREATMENT IS AVAILABLE, SO IT'S IMPORTANT TO SEE YOUR DOCTOR. ALTHOUGH THERE'S NO CURE NOW, TREATMENT CAN SLOW IT DOWN. THE SIMPLEST FORMS OF TREATMENT ARE ADVISABLE INITIALLY. PHYSICIANS OFTEN RECOMMEND DAILY REMOVAL OF SCALES WITH SOAP AND WATER, FOLLOWED BY APPLICATION OF VASELINE OR ANOTHER LUBRICANT. MILD CASES OF PSORIASIS WHICH DEVELOP RAPIDLY OFTEN HEAL RAPIDLY, ALTHOUGH THE CONDITION MAY GET WORSE WITHOUT PROPER CARE.

(MORE)

WHILE SCIENTISTS DON'T KNOW FOR SURE WHAT CAUSES PSORIASIS, THERE IS SOME EVIDENCE THE DISEASE IS HEREDITARY. AND, EMOTIONAL DISTURBANCES CAN AGGRAVATE PSORIASIS. MORE EXTENSIVE TREATMENTS ARE AVAILABLE FOR SEVERE CASES. TO LEARN MORE ABOUT PSORIASIS, ITS CAUSES AND TREATMENT, SEND FOR THE BOOKLET PSORIASIS. IT'S $1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND THIS STATION ____________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

MAY 1982

PSORIASIS (:60) #824

THERE ARE A LOT OF JOKES MADE ABOUT THOSE PSORIASIS COMMERCIALS. BUT, IF YOU SUFFER FROM PSORIASIS, YOU KNOW IT'S NOT A LAUGHING MATTER.

ACCORDING TO THE DEPARTMENT OF HEALTH AND HUMAN SERVICES, PSORIASIS USUALLY BEGINS GRADUALLY, BUT MAY COME ON SUDDENLY. SMALL BRIGHT RED SPOTS APPEAR--OFTEN ON THE SCALP, THE ELBOWS, KNEES, OR LOWER BACK, ALTHOUGH ANY PART OF THE SKIN SURFACE MAY BE AFFECTED. PSORIASIS ISN'T ALWAYS EASY TO DIAGNOSE AND MAY BE CONFUSED WITH SEVERAL OTHER SKIN DISORDERS. HOWEVER, TREATMENT IS AVAILABLE, SO IT'S IMPORTANT TO SEE YOUR DOCTOR.

ALTHOUGH THERE'S NO CURE NOW, TREATMENT CAN SLOW IT DOWN. THE SIMPLEST FORMS OF TREATMENT ARE ADVISABLE INITIALLY. THESE INCLUDE DAILY REMOVAL OF SCALES WITH SOAP AND WATER, FOLLOWED BY APPLICATION OF VASELINE OR ANOTHER LUBRICANT. MORE EXTENSIVE TREATMENTS ARE AVAILABLE FOR SEVERE CASES.

MILD CASES OF PSORIASIS WHICH DEVELOP RAPIDLY OFTEN HEAL RAPIDLY, ALTHOUGH THE CONDITION MAY GET WORSE WITHOUT PROPER CARE. FOR A COPY OF THE BOOKLET PSORIASIS SEND $1.75 TO CONSUMER FOCUS, PUEBLO COLORADO 81009.

# # # #

825

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

NEWARK PUBLIC LIBRARY
MAY 18 1982
U.S. GOVT. PUBS.
DEPOSITORY 376

May 1982

Ten Timeshare Tips (:30)

#825

Planning a vacation? Many people are looking into timesharing, that is, buying a lease or interest that lets you use a vacation home one or two weeks a year. If you are thinking of timesharing, the Federal Trade Commission advises you to read the contract or get professional help before you sign anything or pay any fees. And be sure everything the salesperson promises is in the contract. Finally, compare the total cost of the timeshare plan with the cost of buying a similar vacation trip at the same location. And, send for a free copy of Ten Timeshare tips from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Ten Timeshare Tips (:20)

Planning a vacation? Many people are looking into vacation timesharing. The Federal Trade Commission advises all prospective buyers to read the contract carefully or get professional help before they sign anything or pay any fees. Ask about a cooling-off period that gives you time to change your mind, and compare the total cost of the timesharing plan with buying a similar trip at the same location.

# # # #

Federal Consumer Focus

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794

MAY 1982

TEN TIMESHARE TIPS (2:30)

#825

WOULDN'T IT BE GREAT TO SPEND TWO WEEKS IN ACAPULCO THIS YEAR AND TWO WEEKS SKIING IN COLORADO NEXT YEAR? MORE AND MORE PEOPLE ARE BUYING VACATION TIMESHARES WHICH ALLOW THEM TO USE A VACATION HOME ONE OR MORE WEEKS A YEAR. IN FACT, ACCORDING TO THE FEDERAL TRADE COMMISSION, TIMESHARE SALES HAVE NEARLY DOUBLED EVERY YEAR SINCE THE MID-70'S.

BUT LIKE ANY OTHER MAJOR PURCHASE, YOU WANT TO MAKE SURE YOU GET WHAT YOU EXPECT FROM THE DEAL. SO, DESPITE THE MAJESTIC MOUNTAINS OF COLORADO OR THE CRYSTAL CLEAR WATERS OF THE PACIFIC, DON'T ACT ON IMPULSE. BEFORE YOU SIGN ANY PAPERS OR PAY ANY FEES, REVIEW ALL DOCUMENTS OR HAVE AN ATTORNEY FAMILIAR WITH TIMESHARING LOOK AT THE CONTRACT FOR YOU.

AND FOLLOW THESE TIMESHARING TIPS:

WATCH OUT FOR GIFT GIVEAWAYS. THEY'RE JUST TO GET YOU TO LISTEN TO A SALES PITCH. COMMON PROMOTIONAL GIMMICKS INCLUDE GEMS WITH LITTLE OR NO VALUE AS JEWELS, GOLD INGOTS WITH VERY LITTLE GOLD, AND "FREE" VACATIONS THAT DON'T COVER TRANSPORTATION OR FOOD.

THINK ABOUT YOUR VACATION HABITS. TO TAKE FULL ADVANTAGE OF TIMESHARING, YOU'LL NEED REGULAR VACATION PLANS THAT DON'T CHANGE AT THE LAST MINUTE. IF YOU'RE LOOKING AT TIMESHARING PLANS WITH MANY LOCATIONS, BE SURE THAT THERE ARE ENOUGH UNITS AT THE SITES TO ACCOMODATE YOU AS OFTEN AS YOU WOULD LIKE.

THE BIGGEST BENEFITS OF TIMESHARING ARE THE USE OF THE FACILITIES, NOT PROFITS. SO EVALUATE ANY INVESTMENT CLAIMS CAREFULLY. CONSIDER

(MORE)

POSSIBLE RESALE PROBLEMS, CLOSING COSTS, BROKER'S COMMISSION AND THAT YOU MIGHT HAVE TO PROVIDE FINANCING.

IF YOU ARE GETTING INTO AN EXCHANGE PROGRAM WHERE YOU WILL BE ABLE TO SWAP WITH OTHER RESORTS IN DIFFERENT LOCATIONS, REMEMBER THAT THE SWAPS USUALLY CANNOT BE GUARANTEED. BE SURE TO CHECK ANY RESTRICTIONS THAT APPLY TO THESE EXCHANGES BEFORE YOU SIGN.

IF THE FACILITY IS NOT COMPLETE, CHECK THE COMPANY'S RECORD. ALSO GET A WRITTEN COMMITMENT THAT THE RESORT WILL BE FINISHED AS PROMISED. FIND OUT, AS WELL, WHAT YOUR RIGHTS ARE IF THE BUILDER OR MANAGEMENT COMPANY HAS FINANCIAL PROBLEMS OR DEFAULTS. OTHERWISE YOU COULD LOSE EVERYTHING.

DON'T FORGET THAT THE TOTAL COST OF YOUR VACATION EACH YEAR WILL ALSO INCLUDE TRAVEL, FINANCE CHARGES, AND ANNUAL MAINTENANCE FEES THAT WILL PROBABLY RISE. IT'S A GOOD IDEA TO COMPARE YOUR TOTAL COSTS WITH RATES FOR A SIMILAR STAY IN THE SAME LOCATION.

FINALLY, BE SURE THAT EVERYTHING THE SALESPERSON PROMISES IS WRITTEN INTO THE CONTRACT. ASK ABOUT A COOLING OFF PERIOD DURING WHICH YOU CAN HAVE TIME TO RECONSIDER YOUR DECISION.

TO LEARN MORE, SEND FOR A COPY OF TEN TIMESHARE TIPS. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

May 1982

Ten Timeshare Tips (:60)

#825

Planning your vacation? More and more people are looking into buying a timeshare which allows them to use a vacation home one or more weeks a year.

Like any other major purchase, you'll want to be sure you get the best deal, warns the Federal Trade Commission.

So first, think about your vacation habits. To take full advantage, you'll need to have regular vacation times that don't change at the last minute.

Second, check out the record of the company. Do they have other resorts that run well? Have they ever defaulted leaving projects incomplete? Will they give a written commitment that the project will be completed or that you will be protected in case they have financial difficulties?

Since the biggest benefit of any timeshare plan is the vacation use, evaluate any investment claims very carefully. Resale might not be all that easy.

Compare the total cost of the timeshare purchase with what it might cost for a similar trip to the same location.

Finally, be sure everything the salesperson says is in writing.

To learn more, send for a free copy of Ten Timeshare Tips from Consumer Focus, Pueblo, Colorado 81009.

826

NEWARK PUBLIC LIBRARY

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

JUN 24 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

JUNE 1982

#826

COMMODITIES FUTURES TRADING (:30)

IF YOU GET AN UNSOLICITED PHONE CALL FROM A SALESPERSON SAYING THE INVESTMENT WAVE OF THE FUTURE IS COMMODITIES FUTURES, BEWARE, WARNS THE COMMODITIES FUTURES TRADING COMMISSION. ASK THE SELLER WHO YOU CAN CALL FOR REFERENCES? HOW LONG HAS THE COMPANY BEEN IN BUSINESS? WHAT SERVICES WILL THE SELLER PROVIDE? THEN TELL THE SELLER YOU WON'T AGREE TO ANYTHING OVER THE PHONE. YOU WANT, IN WRITING, THE DISCLOSURE DOCUMENTS, ALL PROMISES MADE ON THE PHONE, AND THE FIRM'S FINANCIAL STATEMENT AND TRADING RECORD. YOU CAN MAKE MONEY IN THE FUTURES MARKET, BUT YOU CAN ALSO LOSE A GREAT DEAL, SO BE CAUTIOUS.

# # # #

COMMODITIES FUTURES TRADING (:20)

IF YOU GET AN UNSOLICITED CALL FROM A SALESPERSON SAYING THE INVESTMENT WAVE OF THE FUTURE IS COMMODITIES FUTURES, DON'T AGREE TO ANYTHING ON THE PHONE, WARNS THE COMMODITIES FUTURES TRADING COMMISSION. TELL THE SELLER YOU WANT THE DISCLOSURE DOCUMENTS, ALL PROMISES MADE ON THE PHONE, AND THE FIRM'S FINANCIAL STATEMENT AND TRADING RECORD IN WRITING FIRST.

# # # #

GS 11. 9/3:

Federal Consumer Focus

JUNE 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#826

COMMODITIES FUTURES TRADING (3:00)

WHEN YOU GO TO THE LOCAL FARMERS' MARKET FOR CORN, YOU BUY BECAUSE YOU WANT SOME CORN TO EAT. AND IT'S USUALLY A SMALL PURCHASE. BUT IF YOU BUY CORN IN THE COMMODITIES FUTURES MARKET, YOU'RE TRADING IN CONTRACTS FOR THE FUTURE PURCHASE OF THOUSANDS OF BUSHELS OF CORN. AND, USUALLY, THE LAST THING YOU WANT IS TO ACTUALLY END UP WITH THE CORN.

COMMODITIES TRADERS BUY CONTRACTS FOR THE FUTURE PURCHASE OR SALE OF CORN AND MANY OTHER COMMODITIES, SUCH AS COCOA, OIL, COPPER, AND EVEN CURRENCIES. HERE'S A SIMPLE EXPLANATION OF HOW COMMODITIES FUTURES TRADING WORKS:

LET'S SAY YOU WANT TO GET INTO CORN FUTURES. IN JUNE, YOU BUY CONTRACTS FOR 5,000 BUSHELS OF CORN FOR DECEMBER DELIVERY AT $3.00 A BUSHEL. THIS MEANS YOU'RE BETTING THAT THE PRICE IN DECEMBER WILL BE HIGHER THAN THE PRICE YOU PAID FOR IT NOW. IF THE PRICE OF CORN CONTRACTS IS $3.10 A BUSHEL IN DECEMBER, THEN YOU HAVE MADE THE TEN CENT PROFIT BETWEEN WHAT YOU BOUGHT THE CONTRACT FOR AND WHAT THE CORN IS ACTUALLY SELLING FOR. BUT IF THE PRICE HAPPENS TO FALL, THEN YOU LOSE MONEY AND HAVE TO MAKE UP THE DIFFERENCE.

OF COURSE, CONTRACTS DON'T HAVE TO BE HELD FOR SIX MONTHS. THEY ARE BOUGHT AND SOLD EVERY DAY AT PRICES THAT CAN CHANGE DAILY BECAUSE OF ANYTHING FROM THE WEATHER TO THE STATE OF THE WORLD.

ONE OF THE THINGS THAT IS MOST INTRIGUING TO INVESTORS IS THE FACT THAT YOU ARE NOT REQUIRED TO PUT UP THE WHOLE COST OF THE CONTRACT. IN FACT, INVESTORS PUT UP ONLY A VERY SMALL PERCENT OF THAT PRICE. THAT'S CALLED THE MARGIN. AND BECAUSE THAT MARGIN MEANS YOU ONLY PUT UP A RELATIVELY SMALL AMOUNT OF CAPITAL, A VERY SLIGHT CHANGE IN THE MARKET COULD MEAN THAT YOU WOULD MAKE A HEALTHY PROFIT, OR THAT YOU WOULD LOSE ALL OF YOUR INVESTMENT PLUS SUBSTANTIALLY MORE.

(MORE)

COMMODITIES FUTURES TRADING/ADD ONE

PEOPLE WHO ARE CONSIDERING THE FUTURES MARKET SHOULD BE AWARE OF THIS RISK, AND THAT TO STAY IN, THEY WILL HAVE TO MAKE UP THOSE MARGIN PAYMENTS WHEN THE MARKET GOES AGAINST THEM.

IF YOU ARE THINKING ABOUT GETTING INTO THE COMMODITIES FUTURES MARKET, ASK YOURSELF THESE QUESTIONS BEFORE YOU EVEN BEGIN: DO YOU HAVE INVESTMENT MONEY YOU CAN AFFORD TO SPARE TO BE ABLE TO MAKE UP FOR SUDDEN PRICE CHANGES THAT REQUIRE ADDITIONAL PAYMENTS? IS THE MONEY IN AN ACCOUNT OR FORM YOU CAN REACH QUICKLY WHEN YOU NEED IT?

YOU SHOULD ALSO BEWARE OF UNSOLICITED HIGH PRESSURE SALES PITCHES. IF YOU RECEIVE A CALL OUT OF THE BLUE TELLING YOU FUTURES TRADING IS THE WAVE OF -- WELL -- THE FUTURE, ASK HOW THE SELLER GOT YOUR NAME. ALSO ASK IF THERE IS A WELL-KNOWN BROKERAGE FIRM OR BANK YOU CAN CALL THAT WILL GIVE REFERENCES FOR THE SELLER. HOW LONG HAS THE COMPANY BEEN IN BUSINESS? AND WHAT SERVICES WILL THE SELLER PROVIDE?

DON'T AGREE TO ANYTHING OVER THE PHONE. TELL THE SELLER TO SEND YOU ALL OF THE DISCLOSURE DOCUMENTS -- INCLUDING EVERYTHING PROMISED OVER THE PHONE -- AND STATEMENTS ABOUT THE FIRM'S FINANCIAL WORTH AND TRADING RECORD. DON'T MAKE ANY DECISIONS TO BUY UNTIL YOU HAVE HAD A CHANCE TO REVIEW THESE DOCUMENTS CAREFULLY AND ASK QUESTIONS THAT MAY ARISE.

THE COMMODITIES FUTURES TRADING COMMISSION REGULATES FUTURES TRADING. IT CAN TELL YOU WHETHER A PARTICULAR DEALER IS REGISTERED, AND WHETHER THE PUBLIC RECORD SHOWS THAT CFTC HAS ANY PRIOR OR PENDING LEGAL ACTIONS AGAINST THE INDIVIDUAL OR FIRM. TO GET THIS INFORMATION, AND ANSWERS TO OTHER QUESTIONS ABOUT FUTURES TRADING, WRITE EDUCATION UNIT, CFTC, WASHINGTON, DC. THAT'S EDUCATION UNIT, CFTC, WASHINGTON, DC 20581.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ____________________.
(STATION CALL LETTERS)

####

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

June 1982

Commodities Futures Trading (:60)

#826

The Commodities futures market is based on buying contracts for the future purchase or sale of products such as corn, cocoa, oil, copper, and even currencies. People hope to make money betting that the price of these contracts will either go up or down.

One of the intriguing aspects of the futures market is that investors do not have to put up the whole cost of the contract. But because investors only put up a small amount of capital, called the margin, a very slight change in the market could mean a healthy profit, or the loss of the total investment plus substantially more.

If you are thinking about getting into the commodities futures market, ask yourself these questions before you even begin: Do you have money you can afford to spare to make additional payments when the market goes against you? Is the money in an account or form you can reach quickly when you need it?

For more information, write the Commodities Futures Trading Commission, the agency that regulates futures trading. That address is Education Unit, CFTC, Washington, DC 20581.

# # # #

827

NEWARK PUBLIC LIBRARY
JUN 24 1982
U. S. GOVT. PUBS.
REPOSITORY 376

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

JUNE 1982

POISON IVY ALLERGY (:30) #827

IF YOU FIND YOURSELF BREAKING OUT WITH THE BUMPS, BLISTERS AND ITCHING OF POISON IVY, YOU'LL WANT FAST RELIEF. TO TREAT THE INFLAMMATION WHILE THE AREAS ARE OOZING, APPLY COLD COMPRESSES OF WATER, BORIC ACID, OR LIQUID ALUMINUM ACETATE. CALAMINE LOTION IS A GOOD DRYING AGENT AND HELPS RELIEVE ITCHING. FOR MORE SEVERE CASES YOU'LL NEED TO CONSULT YOUR DOCTOR WHO MAY PRESCRIBE DRUGS TO HELP. FOR A COPY OF POISON IVY ALLERGY, SEND $1.75 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

POISON IVY ALLERGY (:20)

POISON IVY CAN BREAK OUT ON YOU ANYWHERE FROM 4 TO 48 HOURS AFTER YOU'VE BEEN IN CONTACT WITH THE PLANT. BUT THE NATIONAL INSTITUTES OF HEALTH SAYS THE RASH IS USUALLY SELF-LIMITING—AFTER ABOUT FIVE DAYS IT SHOULD BEGIN TO IMPROVE. TO LEARN MORE, SEND $1.75 FOR A COPY OF POISON IVY ALLERGY, TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11.9/2.

Federal Consumer Focus

June 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Poison Ivy Allergy (2:00) #827

Nobody has to tell you how uncomfortable poison ivy can be. If you've had it, you know. But, whether or not you've ever suffered from it, you need to know how to avoid it, the symptoms, and the best ways to get relief.

The best way to prevent the itch of poison ivy is to learn to recognize it and keep away from it. So "leaflets three, let it be!" If you do go in an area with poison ivy, oak, or sumac, change your clothes and wash thoroughly as soon as possible.

Some 12 to 48 hours after you've been in contact with one of these plants, you could see some symptoms. But, notes the National Institutes of Health, some folks are so sensitive, they react after only 4 hours.

At first, the area which has touched the plant becomes red, and then bumps and blisters appear with itching and, perhaps, swelling. After reaching its peak in several days, the oozing area begins to crust over and disappear. Occasionally, extremely sensitive persons exposed to poison ivy over large areas of the body can become seriously ill.

The reaction to poison ivy appears only where the sap has touched the body. The rash is usually self-limited--it's at its worst after about 5 days and then improves in a week or two even without therapy. Contrary to common belief, scratching will not

(more)

POISON IVY ALLERGY/ADD ONE

CAUSE POISON IVY TO SPREAD UNLESS SAP FROM THE PLANT IS STILL PRESENT.

TO TREAT THIS ALLERGY, THE FIRST AND MOST ESSENTIAL STEP IS MAKE SURE THE SKIN AND CLOTHES ARE FREE OF ALL SAP. ADEQUATE SUDSING OF THE SKIN AND REWASHING OF ANY CLOTHING SUSPECTED OF HARBORING POISON IVY SHOULD PREVENT ITS SPREAD.

TO TREAT THE INFLAMMATION WHILE THE LESIONS ARE OOZING, APPLY COLD COMPRESSES OF WATER, BORIC ACID, OR LIQUID ALUMINUM ACETATE. CALAMINE LOTION IS A GOOD DRYING AGENT AND HELPS RELIEVE ITCHING. FOR MORE SEVERE CASES CONSULT A PHYSICIAN. HE OR SHE MAY PRESCRIBE DRUGS TO REDUCE ITCHING AND INFLAMMATION.

AND WHEN GETTING RID OF POISON IVY PLANTS, DON'T BURN THEM. SMOKE CAN SPREAD THE SAP CAUSING SEVERE REACTIONS. FOR YOUR COPY OF POISON IVY ALLERGY, SEND $1.75 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

June 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Poison Ivy Allergy (:60) #827

Nobody wants poison ivy. And the best way to avoid it is to recognize it and keep away from it. So, "leaflets three, let it be." If you do go in an area with poison ivy, oak, or sumac, the National Institutes of Health advise you to change your clothes and wash thoroughly as soon as possible. That way you could get rid of the sap that causes the reaction before it comes in contact with your skin or has time to spread.

Some four to 48 hours after you've been in contact with one of these plants, you could see some symptoms. At first, the area which has touched the plant becomes red, and then bumps and blisters appear with itching and, perhaps, swelling. After reaching its peak in several days, the oozing area begins to crust over and disappear. Occasionally, extremely sensitive persons exposed to poison ivy over large areas of the body can become seriously ill.

To treat the inflammation while it is oozing, apply cold compresses of water, boric acid, or liquid aluminum acetate. Calamine lotion is a good drying agent and helps relieve itching. For more severe cases consult a physician who may prescribe drugs to reduce itching and inflammation. For your copy of Poison Ivy Allergy, send $1.75 to Consumer Focus, Pueblo, Colorado 81009.

# # # #

828

NEWARK PUBLIC LIBRARY

Federal Consumer Focus

JUNE 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

JUN 24 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

CONSUMER'S GUIDE TO FOOD LABELS (:30) #828

AS YOU CHOOSE PACKAGES FROM THE GROCERY SHELVES, TAKE A GLANCE AT THE FOOD LABELS--THEY HAVE A LOT OF INFORMATION. ACCORDING TO THE U.S. FOOD AND DRUG ADMINISTRATION, EVERY PRODUCT LABEL MUST GIVE THE NAME OF THE PRODUCT, THE NET WEIGHT, AND THE NAME AND PLACE OF BUSINESS OF THE MANUFACTURER, PACKER, OR DISTRIBUTOR. AND ON MOST FOODS, THE LABEL MUST ALSO LIST THE INGREDIENTS, STARTING WITH THE MAIN INGREDIENT (ACCORDING TO WEIGHT) AND FOLLOWED IN DESCENDING ORDER BY THE OTHER INGREDIENTS. FOR A FREE COPY OF A CONSUMER'S GUIDE TO FOOD LABELS, WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

CONSUMER'S GUIDE TO FOOD LABELS (:20)

WHEN YOU LOOK AT A FOOD LABEL, THE MAIN INGREDIENT (ACCORDING TO WEIGHT), IS LISTED FIRST, FOLLOWED IN DESCENDING ORDER BY OTHER INGREDIENTS. TO LEARN MORE, SEND FOR THE FOOD AND DRUG ADMINISTRATION FACTSHEET, A CONSUMER'S GUIDE TO FOOD LABELS, FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11.9/3.

Federal Consumer Focus

JUNE 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

A CONSUMER'S GUIDE TO FOOD LABELS (2:00) #828

WHEN THE PAPER'S LATE IN THE MORNING, DO YOU FIND YOURSELF READING THE CEREAL BOX? THE KIND OF INFORMATION THAT IS ON THAT LABEL IS SIMILAR TO WHAT YOU WILL FIND ON MOST PROCESSED FOODS IN THE GROCERY STORE. IT MAY NOT MAKE FOR EXCITING READING, BUT YOU CAN LEARN A LOT ABOUT WHAT YOU EAT BY READING THOSE LABELS.

ACCORDING TO THE U.S. FOOD AND DRUG ADMINISTRATION, EVERY PRODUCT LABEL MUST GIVE THE NAME OF THE PRODUCT, THE NET WEIGHT, AND THE NAME AND PLACE OF BUSINESS OF THE MANUFACTURER, PACKER, OR DISTRIBUTOR.

AND, ON MOST FOODS, THE LABEL MUST ALSO LIST THE INGREDIENTS, STARTING WITH THE MAIN INGREDIENT (ACCORDING TO WEIGHT), AND FOLLOWED IN DESCENDING ORDER BY THE OTHER INGREDIENTS. SO SUGAR, CITRUS, AND ARTIFICIAL COLORING, LISTED IN THAT ORDER ON A JUICE LABEL, MEAN THAT SUGAR IS THE MAIN INGREDIENT, CITRUS IS THE SECOND INGREDIENT, AND ARTIFICAL COLORING HAS BEEN ADDED.

THE ONLY FOODS NOT REQUIRED TO LIST ALL INGREDIENTS ARE THOSE KNOWN AS "STANDARDIZED" FOODS. FDA HAS SET "STANDARDS OF IDENTITY" FOR SOME FOODS--FOR EXAMPLE, CATSUP AND MAYONNAISE--THAT REQUIRE THEM TO CONTAIN CERTAIN INGREDIENTS. UNDER THE LAW, THE MANDATORY INGREDIENTS IN STANDARDIZED FOODS NEED NOT BE LISTED ON THE LABEL.

(MORE)

A Consumer's Guide to Food Labels/Add one

The word "imitation" also has a special meaning for food. Whenever a product is not as nutritious as the product it resembles, it must be called "imitation" on the label--like "imitation margarine."

Any food that makes a nutritional claim, like "high in vitamin C" or "low in calories," must also prove it by listing nutritional content on the label. This will tell you how many calories the food has per serving, the number of servings per container, and the amount in grams of protein, carbohydrate and fat per serving. In addition, it must give the percentage of the U.S. Recommended Daily Allowance for seven vitamins and minerals. Manufacturers are free to provide additional information on the label to help you select just the right food for a nutritious, well-balanced diet.

For a free copy of *A Consumer's Guide to Food Labels*, write Consumer Focus, Pueblo, Colorado 81009.

This message was brought to you as a public service by the Consumer Information Center of the General Services Administration and by this station ______________________.
(station call letters)

# # # #

Federal Consumer Focus

JUNE 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

A CONSUMER'S GUIDE TO FOOD LABELS (:60) #828

WHEN THE PAPER'S LATE IN THE MORNING, DO YOU FIND YOURSELF READING THE CEREAL BOX? THE KIND OF INFORMATION THAT IS ON THAT LABEL IS SIMILAR TO WHAT YOU WILL FIND ON MOST PROCESSED FOODS IN THE GROCERY STORE. IT MAY NOT MAKE FOR EXCITING READING, BUT YOU CAN LEARN A LOT ABOUT WHAT YOU EAT BY READING THOSE LABELS.

ACCORDING TO THE U.S. FOOD AND DRUG ADMINISTRATION, EVERY PRODUCT LABEL MUST GIVE THE NAME OF THE PRODUCT, THE NET WEIGHT, AND THE NAME AND PLACE OF BUSINESS OF THE MANUFACTURER, PACKER, OR DISTRIBUTOR.

AND, ON MOST FOODS, THE LABEL MUST ALSO LIST THE INGREDIENTS, STARTING WITH THE MAIN INGREDIENT (ACCORDING TO WEIGHT), FOLLOWED IN DESCENDING ORDER BY THE OTHER INGREDIENTS. SO SUGAR, CITRUS, AND ARTIFICIAL COLORING, LISTED IN THAT ORDER ON A JUICE LABEL, MEAN THAT SUGAR IS THE MAIN INGREDIENT, CITRUS IS THE SECOND INGREDIENT, AND ARTIFICIAL COLORING HAS BEEN ADDED. BUTTER, CHEESE, AND ICE CREAM ARE THE ONLY FOODS NOT REQUIRED TO LABEL ARTIFICIAL COLOR; AND ALL FOODS MUST NOTE ANY ARTIFICIAL FLAVORING ADDED. FOR A FREE COPY OF A CONSUMER'S GUIDE TO FOOD LABELS, WRITE TO CONSUMER FOCUS, PUEBLO. COLORADO 81009.

# # # #

829

NEWARK PUBLIC LIBRARY

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JUN 24 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

Your Child and Math (:30)

#829

"This little piggy went to market, and this little piggy stayed home!" The rest you know. But this familiar rhyme is more than just a game to play with your child. It can also be a way to start teaching math concepts. Counting the stairs as you go up and down and setting the table are other easy ways to help your child start to learn math. For more information, send for the Department of Health and Human Services booklet Your Child and Math. It's $2.25 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Your Child and Math (:20)

"One, two buckle my shoe. Three, four close the door." Refrains from childhood verses stick with us a long time. Use the ones that are your favorites to help your children start to learn math, suggests the Department of Health and Human Services. To learn more send $2.25 for a copy of Your Child and Math, to Consumer Focus, Pueblo, Colorado 81009.

# # # #

GS 11. 9/3:

Federal Consumer Focus

JUNE 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

YOUR CHILD AND MATH (2:00) #829

WHEN YOU ASK A CHILD, "HOW OLD ARE YOU?" AND THE ANSWER IS A LITTLE HAND WITH THE APPROPRIATE NUMBER OF FINGERS, YOU'RE WATCHING A CHILD START TO LEARN ABOUT MATH.

THE DEPARTMENT OF HEALTH AND HUMAN SERVICES NOTES THAT THERE ARE MANY WAYS PARENTS CAN HELP CHILDREN PREPARE FOR MATH WITH BASIC CONCEPTS OF NUMBERS, MEASURING, TIME, AND SPACE. ONE OF THE BEST WAYS IS TO INCLUDE MATH PROBLEMS AND CONCEPTS IN YOUR DAILY CONSERVATION WITH THEM. YOU MAY FIND THAT, FROM AN ADULT POINT OF VIEW, YOUR PRESCHOOLER'S THINKING IS NOT ALWAYS CONSISTENT OR LOGICAL. THIS IS BECAUSE THEY ARE AT THE STAGE WHERE THEIR UNDERSTANDING OF NUMBERS, SPACE, TIME AND SIZE DEPENDS ON HOW SOMETHING LOOKS. FOR EXAMPLE: A CHILD MAY GIVE THE "WRONG" ANSWER WHEN YOU ASK "HOW MANY CRACKERS ARE THERE ON THE TABLE?" TEN CRACKERS SPREAD OUT IN A LINE MAY LOOK LIKE MORE CRACKERS THAN THE SAME NUMBER STACKED UP. YOUNG CHILDREN OFTEN THINK THAT THE SPREAD OUT ROW HAS "MORE TO EAT." YOU CAN HELP THEM RECOGNIZE THE NUMBERS ARE THE SAME BY COUNTING THE CRACKERS IN EACH GROUP. AFTER THE AGE OF FIVE OR SIX, MOST CHILDREN CAN ACCEPT THE IDEA THAT TEN THINGS ARE TEN THINGS, NO MATTER HOW THEY ARE GROUPED OR ARRANGED IN SPACE. AT THAT STAGE THEY HAVE LEARNED TO SEPARATE THE IDEA OF NUMBER FROM THE IDEA OF LENGTH, AND TEND NOT TO CONFUSE THE TWO CONCEPTS.

(MORE)

YOUR CHILD AND MATH/ADD ONE

WHEN YOU'RE TRYING TO TEACH YOUR KIDS TO BE AT EASE WITH MATH, DON'T WORRY ABOUT RIGHT ANSWERS. FOR EXAMPLE, IF YOU ASK A CHILD TO SORT THE FORKS AND SPOONS, YOU MAY FIND ALL THE SMALL FORKS AND SMALL SPOONS IN ONE PILE, AND ALL THE LARGE FORKS AND LARGE SPOONS IN ANOTHER. TO YOUR CHILD THIS IS JUST AS REASONABLE AS PUTTING ALL THE FORKS TOGETHER AND ALL THE SPOONS TOGETHER. IT SHOWS YOUR CHILD CAN RECOGNIZE HOW OBJECTS ARE THE SAME AND HOW THEY ARE DIFFERENT. THE IMPORTANT THING IS THAT THE YOUNGSTER CAME UP WITH THE ANSWER ON HIS OR HER OWN.

WHILE YOU'RE TRYING TO HELP, YOU MAY DISCOVER THAT YOUR CHILDREN ARE LEARNING MATH IN SCHOOL IN A DIFFERENT WAY THAN YOU LEARNED IT. THERE IS OFTEN MORE THAN ONE WAY TO DO A MATH PROBLEM AND GET THE RIGHT ANSWER. TELL YOUR CHILDREN THIS. YOU CAN ALSO AVOID CONFUSING YOUR CHILD BY ASKING THE TEACHERS HOW THEY TEACH MATH CONCEPTS.

FOR MORE INFORMATION, SEND FOR A COPY OF YOUR CHILD AND MATH. IT'S $2.25 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

June 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Your Child and Math (:60) #829

When you ask a child "How old are you?" and the answer is a little hand with the appropriate number of fingers, you're watching a child start to learn about math.

The Department of Health and Human Services notes that there are many ways parents can help children prepare for math with basic concepts of numbers, measuring, time and space.

One of the best ways is to include math problems and concepts in your daily conversations with them. You may find that, from an adult point of view, your preschoolers' thinking is not always logical. This is because they are at the stage where their understanding of numbers depends on how something looks. For example, a child may give the "wrong" answer when you ask: "How many crackers are there on the table?" Ten crackers spread out in a line may look like more crackers than the same number stacked up. Young children often think that the spread out row has "more to eat." You can help them recognize that the numbers are the same by counting the crackers in each group. Counting the stairs as you go up and down, and separating the knives, forks, and spoons are other easy ways to teach math concepts gradually and naturally.

For more information, send for a copy of Your Child and Math. It's $2.25 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

830

NEWARK PUBLIC LIBRARY
JUN 24 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

Federal Consumer Focus

June 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#830

Car Care and Service (:30)

If your car ever overheats while you're driving, you're got a problem that needs to be attended to right away. Pull over immediately and turn off the engine to let it cool. What if you're stuck in traffic, and you can't pull over? Shift into neutral and, if your car has a belt-driven fan , press the accelerator one-quarter down. In any case, turn on your heater: it will drain away some of the engine's excess heat while you look for an opportunity to stop and turn off the ignition. For more information, send for the booklet Car Care and Service--$1.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Car Care and Service (:20)

If your car's oil warning light comes on while you're driving, pull over right away and check your oil with the dipstick. If the level is low, adding oil may solve the problem. Otherwise, leave the car where it is and get help. Continuing to drive it could cause major engine damage. Learn more in Car Care and Service--$1.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

GS 11.9/2:

Federal Consumer Focus

JUNE 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

CAR CARE AND SERVICE (2:00)

#830

REGULAR MAINTENANCE IS CRUCIAL TO THE LIFE OF YOUR CAR. AND ACCORDING TO THE U.S. GENERAL SERVICES ADMINISTRATION, A FEW EASY CHECKS CAN HELP YOU AVOID A BREAKDOWN ON THE ROAD.

CHECK YOUR OIL WITH THE DIPSTICK AT LEAST EVERY OTHER TIME YOU FILL UP WITH GAS. DON'T ADD OIL UNLESS YOU'RE A FULL QUART LOW--BUT WHEN YOU REACH THIS POINT, PUT IN A CAN OF PREMIUM-GRADE ALL-WEATHER OIL IMMEDIATELY. AND IF THE OIL WARNING LIGHT SHOULD EVER COME ON WHILE YOUR ENGINE IS RUNNING, TURN OFF THE IGNITION RIGHT AWAY. UNLESS YOU STOP THE ENGINE, YOU RISK MAJOR MECHANICAL DAMAGE.

PERIODICALLY GET THE FLUID IN YOUR MANUAL OR AUTOMATIC TRANSMISSION CHECKED. REMEMBER THAT CARS WITH AUTOMATIC TRANSMISSION HAVE TO BE CHECKED IN THE "PARK" POSITION WHILE THE ENGINE IS RUNNING. IF THE CAR WHINES WHILE IT'S SHIFTING, IT COULD MEAN YOUR TRANSMISSION NEEDS SERVICE.

CHECK YOUR TIRE PRESSURE AT LEAST ONCE A MONTH. BUY A TIRE GAUGE AND LEARN HOW TO USE IT. AND LEARN HOW TO "READ" THE TREADS THEMSELVES. WEAR ON BOTH EDGES MEANS YOUR TIRES ARE UNDERINFLATED; WEAR IN THE MIDDLE MEANS THEY'RE OVERINFLATED. MAINTAINING THE CORRECT PRESSURE NOT ONLY PROLONGS TIRE LIFE, IT CAN ALSO IMPROVE GAS MILEAGE.

(MORE)

WHENEVER YOU TAKE YOUR CAR IN FOR ROUTINE MAINTENANCE, ASK THE MECHANIC TO CHECK YOUR HOSES FOR SOUNDNESS, AND YOUR FAN BELTS FOR CORRECT TENSION. AND EVERY SPRING AND FALL, HAVE THE MIXTURE OF WATER AND ANTIFREEZE TESTED. THIS CAN HELP YOU AVOID A FREEZE-UP OR BOILOVER.

WHAT TO DO IF YOUR CAR OVERHEATS WHILE YOU'RE DRIVING? PULL OVER AND TURN OFF THE ENGINE TO LET IT COOL. IF YOU'RE STUCK IN TRAFFIC AND YOU CAN'T PULL OVER, SHIFT INTO NEUTRAL AND, IF YOUR CAR HAS A BELT-DRIVEN FAN, PRESS THE ACCELERATOR ONE-QUARTER DOWN. IN ANY CASE, TURN ON YOUR HEATER: IT WILL DRAIN AWAY SOME OF THE ENGINE'S EXCESS HEAT WHILE YOU LOOK FOR AN OPPORTUNITY TO STOP AND TURN OFF THE IGNITION.

FOR MORE INFORMATION, SEND FOR THE BOOKLET, CAR CARE AND SERVICE. IT'S $1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

June 1982

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794

Car Care and Service (:60) #830

Your car will treat you better if you treat *IT* right. Here are some tips from the U.S. General Services Administration.

Check your oil at least every other time you fill up with gas. Don't add oil until you're a full quart low, but once you reach this point, put in a can of premium-grade, all-weather oil immediately.

Buy a tire pressure gauge, and use it to check all your tires at least once a month. And learn how to "read" the tires themselves. Wear on both edges means your tires are underinflated; wear in the middle means they're overinflated.

Whenever you take your car in for routine maintenance, ask the mechanic to check your hoses for soundness, and your fan belts for correct tension.

And every spring and fall, have the mixture of water and antifreeze tested. This can help you avoid a freeze-up or boilover.

For more information, send for the booklet, *Car Care and Service*-- $1.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

831

NEWARK PUBLIC LIBRARY
JUN 24 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

JUNE 1982

GOLD JEWELRY (:30) #831

THE GOLD JEWELRY OF THE AZTECS WAS MELTED DOWN FOR ITS GOLD VALUE. IT'S BEEN DONE ON DIFFERENT OCCASIONS THROUGHOUT HISTORY. AND RECENTLY THERE HAS BEEN A RESURGENCE IN THIS OLD PRACTICE BECAUSE OF THE INCREASE IN THE PRICE OF GOLD. BUT THE FEDERAL TRADE COMMISSION WARNS THAT MOST GOLD JEWELRY IS WORTH MORE AS JEWELRY THAN IT IS AS GOLD. THAT'S BECAUSE JEWELRY IS GENERALLY LESS THAN PURE GOLD. AND IN SOME CASES, THE AMOUNT OF GOLD MAY BE SO SMALL THAT DEALER'S WON'T EVEN BOTHER TO REFINE IT. IF YOU STILL WANT TO SELL, GO TO A REPUTABLE GOLD DEALER OR JEWELER. FOR MORE INFORMATION, SEND FOR THE FREE FACTSHEET, GOLD JEWELRY, FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GOLD JEWELRY (:20)

IF YOUR GOLD JEWELRY IS MARKED 24 KARAT, IT'S PURE GOLD. BUT MOST JEWELRY CONTAINS SOME BASE METALS MIXED WITH THE GOLD TO GIVE IT STRENGTH. SO, IF YOU ARE THINKING ABOUT SELLING SOME JEWELRY FOR ITS GOLD VALUE, REMEMBER YOU WON'T GET GOLD PRICES FOR IRON OR NICKEL. TO LEARN MORE, SEND FOR A COPY OF THE FACTSHEET, GOLD JEWELRY, FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11.9/2

Federal Consumer Focus

June 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Gold Jewelry (2:00) #331

If you've been weighing that gold jewelry you don't care for much and thinking how much you might be able to get for it, think again. That old riddle, "Which weighs more, an ounce of gold or an ounce of feathers?" does have an odd answer. Gold is weighed in troy ounces which are heavier than regular ounces. So if you have ten ounces of jewelry on the kitchen scale, you have less than ten troy ounces of jewelry, and you're not going to get ten times the price per ounce for gold that is in the news.

You're not going to get that price for other reasons as well, notes the Federal Trade Commission. In fact, the jewelry may be worth more as jewelry than for the value of the gold in it.

For one thing, very little gold jewelry is pure gold. The way you can tell how much gold there is in the jewelry is to look for the karat marking. If the jewelry is marked "24 karat," it is pure gold. But most jewelry has some other metals mixed with the gold to give it strength. So it might only be half gold. Then the marking would read "12 karat."

By the way, there is a difference between pure gold and solid gold. Federal Trade Commission regulations define something marked "solid" as simply a piece which is not hollow. But the gold in a solid piece could be only 10 karat, or 42 percent gold. If the karat value is not marked on a piece of Jewelry, you should assume it's less than 10 karat or gold plated, unless the seller can verify its gold content.

(MORE)

ANOTHER REASON YOU WON'T BE GETTING THE GOLD MARKET PRICE FOR YOUR JEWELRY IS THE DEALER'S REFINING COSTS. JEWELRY THAT IS SOLD FOR ITS SCRAP GOLD VALUE WILL HAVE TO BE REFINED TO SEPARATE THE GOLD FROM THE BASE METALS. IT WILL ALSO HAVE TO BE SHIPPED TO AND FROM THE REFINERS. AND IT WILL HAVE TO BE MADE INTO A FORM THAT CAN THEN BE USED AGAIN. TO ALL OF THIS, YOU HAVE TO ADD THE DEALER'S OVERHEAD COSTS, BRINGING YOUR RETURN DOWN EVEN FURTHER.

GOLD-PLATED AND GOLD-FILLED JEWELRY HAS SUCH A THIN COATING OF GOLD THAT IT IS NOT WORTH REFINING. THESE PIECES ARE DEFINITELY WORTH MORE AS JEWELRY THAN FOR THEIR GOLD VALUE.

IF YOU STILL DECIDE YOU WANT TO BUY OR SELL GOLD, BE SURE TO DEAL WITH A REPUTABLE GOLD DEALER OR JEWELER. ASK DETAILED QUESTIONS. BE SURE YOU UNDERSTAND THE PRICE, RISKS, CONDITIONS, AND OBLIGATIONS THAT GO ALONG WITH THE GOLD MARKETS.

TO LEARN MORE, SEND FOR A COPY OF THE FACTSHEET, GOLD JEWELRY. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JUNE 1982

GOLD JEWELRY (:60)

#831

IF YOU'VE BEEN THINKING ABOUT SELLING SOME GOLD JEWELRY FOR ITS GOLD VALUE, DON'T GET YOUR HOPES UP. MOST GOLD JEWELRY IS WORTH MORE AS JEWELRY THAN AS GOLD, NOTES THE FEDERAL TRADE COMMISSION.

THERE ARE MANY REASONS FOR THIS. BUT THE MAJOR ONE IS THAT MOST GOLD JEWELRY IS LESS THAN PURE GOLD. ONLY 24 KARAT GOLD IS PURE GOLD. ANY JEWELRY WITH A LOWER KARAT MARKING CONTAINS BASE METALS TO GIVE THE GOLD STRENGTH. ANTIQUE PIECES MAY OR MAY NOT BE MARKED. BUT IF THE JEWELRY IS MODERN AND IS NOT MARKED WITH A KARAT VALUE, YOU SHOULD ASSUME IT IS LESS THAN 10 KARAT, OR 42 PERCENT GOLD, OR THAT THE PIECE IS GOLD PLATED. IN EITHER CASE, IT IS PROBABLY NOT WORTH A GOLD DEALER'S COSTS TO REFINE THE PIECE FOR ITS GOLD CONTENT. AND EVEN JEWELRY WITH A HIGHER GOLD CONTENT MAY NOT BE WORTH REFINING.

ONE OTHER THING. AN OUNCE OF GOLD AND AN OUNCE OF FEATHERS DO NOT WEIGH THE SAME, NO MATTER HOW THE OLD RIDDLE RUNS. GOLD IS WEIGHED IN TROY OUNCES, AND THEY ARE HEAVIER THAN REGULAR OUNCES. SO WHAT YOU READ ON YOUR KITCHEN SCALE IS LESS THAN WHAT YOU'LL READ AT THE GOLD DEALER'S.

TO LEARN MORE, SEND FOR A COPY OF THE FACTSHEET, GOLD JEWELRY. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

832

NEWARK PUBLIC LIBRARY
JUN 24 1982
U. S. GOVT. PUBS.
DEPOSITORY 378

Federal Consumer Focus

JUNE 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

INTRODUCTION TO PHYSICAL FITNESS (:30) #832

THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS REMINDS YOU ALWAYS TO WARM UP BEFORE YOU EXERCISE. WARMUPS INCREASE RESPIRATION AND BODY TEMPERATURE, AND STRETCH LIGAMEMENTS AND CONNECTIVE TISSUE. AND THAT WILL HELP YOU PREVENT INJURIES AND LOWER BACK PROBLEMS. TO LEARN MORE ABOUT THE BENEFITS OF EXERCISE AND HOW TO BUILD YOUR PERSONAL EXERCISE PROGRAM SEND FOR A COPY OF AN INTRODUCTION TO PHYSICAL FITNESS. IT'S $1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

INTRODUCTION TO PHYSICAL FITNESS (:20)

THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS REMINDS YOU TO WARM UP BEFORE YOU EXERCISE. WARMUPS INCREASE RESPIRATION AND BODY TEMPERATURE, AND STRETCH LIGAMENTS AND CONNECTIVE TISSUES. AND THAT WILL HELP YOU PREVENT INJURIES AND LOWER BACK PROBLEMS. FOR A COPY OF AN INTRODUCTION TO PHYSICAL PHYSICAL FITNESS, SEND $1.75 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11. 9/3.

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Introduction to Physical Fitness
Supplemental Information

Before You Begin

Before beginning any exercise program, it is advisable to have a medical checkup. If you have not had an examination in the past year, if you are past 30, if you are overweight, or if you have a history of high blood pressure or heart trouble, such an examination may help you to avoid extremely serious consequences.

Chances are your physician will be able to give you an unconditional go-ahead.

There are a few persons who, for medical reasons, should not undertake any exercise program, unless and until these reasons have been eliminated.

Only a qualified physician can say for sure if the exercise program outlined here is advisable for you. Outline your program and ask for advice.

Walk Test. The object of this test is to determine how many minutes (up to 10) you can walk at a brisk pace, without undue difficulty or discomfort, on a level surface.

- If you cannot walk for five minutes, you should begin with the **WALKING PROGRAM.**
- If you can walk more than five minutes, but less than 10, you should begin with the third week of the **WALKING PROGRAM.**
- If you can walk for the full 10 minutes, but are somewhat tired and sore as a result, you should start with the **WALKING-JOGGING PROGRAM.**
- If you can breeze through the full 10 minutes, you are ready for bigger things. Wait until the next day and take the Walk-Jog Test.

Walk-Jog Test. In this test you alternately walk 50 steps (left foot strikes ground 25 times) and jog 50 steps for a total of 10 minutes.

Walk at the rate of 120 steps per minute (left foot strikes the ground at 1-second intervals). Jog at the rate of 144 steps per minutes (left foot strikes ground 18 times every 15 seconds).

- If you cannot complete the 10-minute test, begin at the third week of the **WALKING-JOGGING PROGRAM.**
- If you can complete the 10-minute test, but are tired and winded as a result, start with the last week of the **WALKING-JOGGING PROGRAM** before moving to the **JOGGING PROGRAM.**
- If you can perform the 10-minute test without difficulty, start with the **JOGGING PROGRAM.**

A Word of Caution. If during these tests you experience nausea, trembling, extreme breathlessness, pounding in the head, or pain in the chest, stop immediately. If the symptoms persist beyond the point of temporary discomfort, check with your physician.

The symptoms described are signs that you have reached the limits of your present exercise tolerance. The point at which they occur will indicate where you should begin in the exercise program.

The Warmup

Before conditioning exercises or circulatory activities are attempted, the body should be warmed up to increase respiration and body temperature and to stretch ligaments and connective tissue. The following warmup activities concentrate on stretching the lower back area and therefore contribute to the prevention of lower back problems.

Standing Reach and Bend

Starting Position:
Stand erect, feet shoulder width apart, arms extended over head.

Action:
Stretch as high as possible, keeping heels on ground. Hold for 15 to 30 counts.

Flexed-Leg Back Stretch

Starting Position:
Stand erect, feet shoulder width apart, arms at side.

Action:
Slowly bend over, touching the ground between the feet. Keep the knees flexed. Hold for 15 to 30 counts. If at first you can't reach the ground, touch the top of your shoe line.

Repeat 2 to 3 times.

Alternate Knee Pull

Starting Position:
Lie on back, feet extended, hands at side.

Action:
Pull one leg to chest, grasp with both arms and hold for a five count. Repeat with opposite leg.

Repeat 7-10 times with each leg.

Double Knee Pull

Starting Position:
Lie on back, feet extended, hands at side.

Action:
Pull both legs to chest, lock arms around legs, pull buttocks slightly off ground. Hold for 20 to 40 counts.

Repeat 7-10 times.

Torso Twist

Starting Position:
Lie on back, knees bent, feet on the ground,* fingers laced behind neck.

Action:
1. Curl torso to upright position and twist touching the right knee with the opposite elbow.
2. Return to starting position.
3. Repeat twisting the opposite direction. Exhale on the way up, inhale on the way down. Repeat 5 to 15 series.

* For best effects secure your feet under something to prevent them from lifting during action.

Circulatory Activities

Walking Program

Week	Daily Activity
1	Walk at a brisk pace for 5 minutes, or for a shorter time if you become uncomfortably tired. Walk slowly or rest for 3 minutes. Again walk briskly for 5 minutes, or until you become uncomfortably tired.
2	Same as Week 1, but increase pace as soon as you can walk 5 minutes without soreness or fatigue.
3	Walk at a brisk pace for 8 minutes, or for a shorter time if you become uncomfortably tired. Walk slowly or rest for 3 minutes. Again walk briskly for 8 minutes, or until you become uncomfortably tired.
4	Same as Week 3, but increase pace as soon as you can walk 8 minutes without soreness or fatigue.

When you have completed Week 4 of this program, begin at Week 1 of the WALKING-JOGGING PROGRAM.

Walking-Jogging Program

Week	Daily Activity
1	Walk at a brisk pace for 10 minutes, or for a shorter time if you become uncomfortably tired. Walk slowly or rest for 3 minutes. Again walk briskly for 10 minutes, or until you become uncomfortably tired.
2	Walk at a brisk pace for 15 minutes, or for a shorter time if you become uncomfortably tired. Walk slowly for 3 minutes.
3	Jog 20 seconds (50 yards). Walk 1 minute (100 yards). Repeat 12 times.
4	Jog 20 seconds (50 yards). Walk 1 minute (100 yards). Repeat 12 times.

When you have completed Week 4 of this program, begin at Week 1 of the JOGGING PROGRAM.

Jogging Program

Week	Daily Activity
1	Jog 40 sec. (100 yds.)—Walk 1 min. (100 yds.) Repeat 9 times.
2	Jog 1 min. (150 yds.)—Walk 1 min. (100 yds.) Repeat 8 times.
3	Jog 2 min. (300 yds.)—Walk 1 min. (100 yds.) Repeat 6 times.
4	Jog 4 min. (600 yds.)—Walk 1 min. (100 yds.) Repeat 4 times.
5	Jog 6 min. (900 yds.)—Walk 1 min. (100 yds.) Repeat 3 times.
6	Jog 8 Min. (1200 yds.)—Walk 2 min. (200 yds.) Repeat 2 times.
7	Jog 10 min. (1500 yds.)—Walk 2 min. (200 yds.) Repeat 2 times.
8	Jog 12 min. (1700 yds.)—Walk 2 min. (200 yds.) Repeat 2 times.

Reprinted from An Introduction to Physical Fitness published by the President's Council on Physical Fitness and Sports. Copies are available for $1.75 from Consumer Focus, Pueblo, Colorado 81009.

Federal Consumer Focus

JUNE 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

INTRODUCTION TO PHYSICAL FITNESS (:60) #832

EXERCISING NOW IS A SOUND INVESTMENT IN GOOD HEALTH LATER. AND THE FIRST STEP TO STARTING AN EXERCISE PROGRAM IS A THOROUGH MEDICAL CHECKUP. IF YOU HAVEN'T HAD AN EXAM IN THE PAST YEAR, OR IF YOU ARE PAST 30, THE CHECKUP MAY HELP YOU AVOID SERIOUS CONSEQUENCES.

TO HELP YOU FIND OUT WHAT SHAPE YOU'RE IN, AND AT WHAT LEVEL TO START A FITNESS PROGRAM, THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS RECOMMENDS TAKING THE WALK TEST--THAT IS, FINDING OUT HOW MANY MINUTES YOU CAN WALK AT A BRISK PACE WITHOUT UNDUE DIFFICULTY OR DISCOMFORT.

IF YOU CAN'T WALK BRISKLY FOR FIVE MINUTES WITHOUT DISCOMFORT, THAN START EXERCISING WITH A VERY BASIC WALKING AND RESTING ROUTINE.

IF YOU CAN WALK MORE THAN FIVE MINUTES, BUT LESS THAN TEN, YOU CAN BEGIN WALKING AT A BRISKER PACE AND FOR A LONGER PERIOD OF TIME.

IF YOU CAN WALK FOR THE FULL TEN MINUTES, BUT ARE SOMEWHAT TIRED AND SORE AS A RESULT, YOU SHOULD START WITH A GENTLE COMBINATION OF WALKING AND JOGGING. SET ASIDE AT LEAST 30 MINUTES A DAY FOR WARM UP ACTIVITIES AND PLANNED EXERCISE. IF YOU DON'T START NOW, YOU MAY PAY FOR IT LATER IN TIME LOST THROUGH ILLNESS OR PREMATURE AGING.

FOR A COPY OF INTRODUCTION TO PHYSICAL FITNESS, SEND $1.75 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

833

NEWARK PUBLIC LIBRARY

Federal Consumer Focus

JUNE 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

JUN 24 1982
U.S. GOVT. PUBS.
DEPOSITORY 376

Nutritive Value of Foods (:30) #833

If you feel you should be getting a little more iron in your diet, liver is probably the first thing you think of eating. But there are many other foods that have a fairly high level of iron. And some might surprise you. The U.S. Department of Agriculture has a booklet called the Nutritive Value of Foods that lists 730 common foods and the calories, vitamins, minerals, proteins, and other nutrients they contain. For your copy of Nutritive Value of Foods, send $3.25 to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Access Travel (:30)

Sometimes walking through the airport seems like you're traveling farther than the plane will. And for the handicapped, there are other barriers that can be insurmountable. Now many airports are making changes to improve this situation for the handicapped. The Airport Operators Council International in cooperation with the U.S. Office of Consumer Affairs has published a booklet listing 472 airport terminals worldwide and the special services and features that make them accessible. For your free copy of Access Travel, write Consumer Focus, Pueblo, Colorado. That's Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

June 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Children's Books (:30) #833

Choosing a special gift takes time and planning. If you are thinking about a birthday present for a child, think books. They can lead a child into the past, the future, real life adventure or fantasy. But they can be hard to choose. Every year, the Library of Congress publishes a list of the best children's books from the previous year. The list of books published in 1981 is now available. It lists books in categories by age and by subject, and it also gives a short description of each book. The books are for children from pre-school age through high school. For your copy of the listing, Children's Books, send $2.00 to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Growing Vegetables in Containers (:30)

When you go to the store and see those racks of seeds, it's always tempting to stock up. And even if you live in an apartment, or a house with no garden, you don't have to resist the temptation. There are many ways you can grow a good crop of herbs and vegetables in pots, baskets, and window boxes. If you have geraniums in pots on your front steps, you could also have tomatoes. There are special varieties that are bred to grow in small containers. To learn more, send for the booklet, Growing Vegetables in Containers. It's free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

June 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#833

Settlement Costs (:30)

You've found the home you want, you've negotiated a price, you know what the monthly payments will be, and you've got the cash for the down payment. That takes care of the financial arrangements, right? Wrong. You could find yourself in quite a predicament unless you've also put aside some cash for the settlement costs. These can amount to a considerable sum, and they have to be paid before you can take formal title to the property. Find out what these costs include and how to estimate them with the booklet Settlement Costs. It's free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Know Your Pension Plan (:30)

Do you know what it means when your rights in your pension plan are vested? Have you checked on pension eligibility requirements? What happens to your pension rights when you leave your current employment? You need to understand the answers to these questions. One way to learn is to send for the U.S. Department of Labor booklet Know Your Pension Plan. It will help you understand the questions and has checklists to simplify the answers. By the way, vesting is when you cannot lose all or part of your benefits, even if you leave the job. For your free copy of Know Your Pension Plan, write Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

June 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#833

Consumer Information Catalog (:30)

Interested in learning how to cut costs on repairing your car? Want to find out about starting your own business? Curious about losing some weight? Just write your name and address on a postcard, jog to the mailbox, and send it to Consumer Information Catalog, Pueblo, Colorado. You'll receive a free listing of more than 200 federal booklets on everything from budgeting and employment to housing and health. And more than half of the booklets are free. So just send your name and address on a postcard to Consumer Information Catalog, Pueblo, Colorado 81009.

# # # #

Sodium Content of Your Foods (:30)

If you've been told to cut down on sodium, it's hard enough just to lay off the salt shaker. But there are many common foods and non-prescription drugs that have high, hidden levels of sodium. And you may not be aware of it. To help consumers who are interested in reducing the amount of sodium they eat, the U.S. Department of Agriculture has published a booklet that lists the sodium content of many fruits, vegetables, dairy products, meats, and other foods including condiments. It also lists some common over-the-counter drugs. For your copy of The Sodium Content of Your Foods, send $2.25 to Consumer Focus, Pueblo, Colorado 81009.

# # # #

834

Federal Consumer Focus

JULY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

HEAT STRESS (:30) #834

IN THE HEAT OF THE SUMMER, TAKE IT EASY. OTHERWISE, YOU COULD END UP WITH HEAT STRESS. EARLY SYMPTOMS ARE FEELING HOT, UMCOMFORTABLE, AND LISTLESS. BUT IF YOUR BODY IS UNABLE TO ADJUST TO THE HEAT, IT COULD PROGRESS TO DIZZINESS, NAUSEA, CRAMPS, AND EVEN CHEST PAIN. IN THAT CASE, YOU NEED MEDICAL ATTENTION IMMEDIATELY. THE U.S. OFFICE OF CONSUMER AFFAIRS SUGGESTS THAT THE BEST WAY TO AVOID HEAT STRESS IS TO KEEP COOL, DRINK PLENTY OF LIQUIDS, AND DON'T OVER DO. TO LEARN MORE, SEND FOR A COPY OF THE FACTSHEET, HEAT STRESS. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

NEWARK PUBLIC LIBRARY
SEP 1 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

HEAT STRESS (:20)

IF THE HEAT MAKES YOU FEEL UNCOMFORTABLE AND LISTLESS, YOU HAVE THE BEGINNINGS OF HEAT STRESS. IT COULD DEVELOP INTO SOMETHING MUCH MORE DANGEROUS IF YOU DON'T TAKE CARE, WARNS THE U.S. OFFICE OF CONSUMER AFFAIRS. SO KEEP COOL, DRINK PLENTY OF FLUIDS, AND DON'T OVERDO. TO LEARN MORE, SEND FOR A FREE COPY OF HEAT STRESS FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

July 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Sun Tans (:60)

#834

While you're working on that devastatingly irresistible tan, make sure you don't devastate your skin. The U.S. Food and Drug Administration warns that too much sunbathing can leave your skin pebbly, thick, wrinkled, and looking a lot like an old shoe. It can also increase your risk of developing skin cancer.

So develop your tan gradually, with short exposures to the sun at first. And use a sunscreen. Check the container for a numerical "SPF" rating: a low one is for people who tan deeply and rarely burn, while a high SPF rating means the product is for fair-skinned types who burn easily.

It's especially important to avoid over-exposure to the sun if you're elderly or obese, or if you have high bood pressure or diabetes. Drugs--including diuretics, sulfa drugs, and some tranquilizers--can also change your sensitivity to the sun. Check with your doctor or pharmacist about possible reactions caused by any drug you take, prescription or over-the-counter. And send for the free booklet, Sun Tans--from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

July 1982

Sun Tans (:30)

#834

A tan looks nice, but get your sun in moderation. You don't want prematurely aged and wrinkled skin, and you certainly don't want skin cancer. If you're elderly or overweight, or if you have diabetes or high blood pressure, you have more reasons to avoid over-exposure. Also, check with your doctor or pharmacist about possible reactions to strong sun caused by any drug you may be taking . Learn more in the free booklet, *Sun Tans*. Write Consumer Focus, Pueblo, Colorado 81009.

# # # #

Sun Tans (:20)

If you want a nice tan--but *not* prematurely aged skin or skin cancer--get your sun in moderation. Being elderly or overweight, or having diabetes or high blood pressure, can cause other complications. So can a number of common drugs. Check with your doctor or pharmacist. And send for the free booklet, *Sun Tans*, from Consumer Focus, Pueblo, Colorado 81009.

# # # #

All issues available have been filmed. Unfortunately, any scattered missing issues are no longer available.

READEX
FICHE

**Federal
Consumer
Focus**

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

July 1982

Heat Stress (:60) #834

Humiture is the reverse of the wind chill factor. It's a measure of discomfort based on the combination of temperature and humidity. When the humiture is high, it's easy to become ill from heat stress. This is particularly true for people over 65 who are more apt to be taking medications that affect the body's ability to adjust to the heat.

The U.S. Office of Consumer Affairs warns that on those really hot days, do the obvious -- stay out of the heat. If you don't have air conditioning, go to a air conditioned museum, library, shopping mall, or movie. Use a fan to pull in cooler evening air and to move the air during the day. Take cool baths or showers, or use an ice pack or damp towels to help keep cool.

When you go outside, wear loose light weight clothes. In the sun, put on a hat and use an umbrella for shade.

Your body needs more liquid when it is hot. But don't wait till you're thirsty. Drink water or fruit or vegetable juices. But don't drink alcoholic beverages, including beer, because they will make your body lose water more quickly.

Finally, if you should have any symptoms such as dizziness, nausea, cramps or unusual weakness, get medical attention immediately.

To learn more, send for a copy of Heat Stress from Consumer Focus, Pueblo, Colorado 81009. It's free.

# # # #

835

Federal Consumer Focus

July 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Starting & Managing A Small Service Business (:30) #835

Appliance repair, typing, dog grooming, photography: these are just some of the service areas where people with the necessary skills can set up profitable businesses of their own. Unfortunately, about 70% of new businesses fail--mainly because they lack management expertise. For the counseling you need to turn your skills into a money-making business, contact your local office of the U.S. Small Business Administration. And send for Starting and Managing a Small Service Business. It's $4.25 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

NEWARK PUBLIC LIBRARY
SEP 1 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

Starting & Managing A Small Service Business (:20)

A lot of people have toyed with the idea of setting up their own service business. A lot of people have also tried it and failed--mainly because they lacked management skills. Get the training you need through the U.S. Small Business Administration. And send for Starting and Managing a Small Service Business--$4.25 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

GS 11. 9/3:

Federal Consumer Focus

July 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

Starting & Managing A Small Service Business (2:00) #835

Appliance repair, typing, dog grooming, photography: these are just some of the service areas where people with the necessary skills can set up profitable businesses of their own. If the idea appeals to you, here are some tips from the U.S. Small Business Administration:

Try to add an element of uniqueness to your business. For example, a husband and wife team started their own telephone wake-up service. That's been done before--but they added a variation. They'll "wake you up" to the fact that Aunt Tilly's birthday is approaching, in time for you to buy a present. Or if you're really busy, they'll even buy the present for you and put it in the mail.

Of course, their success depends on having lots of affluent and busy people in their area. Knowing your market area, and the kinds of services it will support, is crucial. If you're in an area with a central city of 50,000 or more, detailed statistical information has been complied by the Bureau of the Census. It tells how many families have incomes at what levels, how many cars there are per housing unit, what the median value of a one-family house is, and more. Ask for the Census reports at your public library.

(more)

IT'S ALSO WISE TO DO A MARKET SURVEY SPECIFICALLY TAILORED TO YOUR BUSINESS IDEA. SAY YOU WANT TO FIND OUT IF THERE'S A MARKET IN YOUR AREA FOR CATERING SERVICE. YOU COULD SEND OUT A SIMPLE QUESTIONNAIRE WITH A POSTAGE-PAID RETURN ENVELOPE, ASKING PEOPLE IF THEY'VE USED A CATERER IN THE PAST YEAR, IF THEY THOUGHT THE COST WAS TOO HIGH, IF THEY PLAN TO USE A CATERER AGAIN THIS YEAR, AND IF THEY'D LIKE A SALESPERSON TO CALL. YOU CAN COMPILE THE MAILING LIST FROM THE TAX ASSESSOR'S BOOKS--OR BUY ONE FROM A COMPUTER DATA FIRM, FOR ABOUT FIFTEEN TO FIFTY DOLLARS PER THOUSAND NAMES.

YOU SHOULD ALSO SURVEY YOUR OWN SKILLS. YOU MAY BE GOOD AT CREATING AN HORS D'OEUVRE, BUT ARE YOU CAPABLE, RIGHT NOW, OF COORDINATING ALL THE ELEMENTS THAT GO INTO RUNNING A BUSINESS? YOU CAN GET USEFUL MANAGEMENT TRAINING THROUGH YOUR LOCAL OFFICE OF THE U.S. SMALL BUSINESS ADMINISTRATION. AND SEND FOR THE BOOKLET, STARTING MANAGING A SMALL SERVICE BUSINESS. IT'S $4.25 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

JULY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

STARTING & MANAGING A SMALL SERVICE BUSINESS (:60) #835

APPLIANCE REPAIR, TYPING, DOG GROOMING, PHOTOGRAPHY: THESE ARE JUST SOME OF THE SERVICE AREAS WHERE PEOPLE WITH THE NECESSARY SKILLS CAN SET UP PROFITABLE BUSINESSES OF THEIR OWN. DOES THE IDEA APPEAL TO YOU?

THE U.S. SMALL BUSINESS ADMINISTRATION SUGGESTS THAT YOU FIND A WAY TO MAKE YOUR SERVICE UNIQUE. FOR EXAMPLE, A MARRIED COUPLE STARTED A TELEPHONE WAKE-UP SERVICE, WITH AN ADDED TWIST--THEY'LL "WAKE YOU UP" TO THE FACT THAT AUNT TILLY'S BIRTHDAY IS APPROACHING.

BUT TO BE SUCCESSFUL, YOU HAVE TO KNOW IN ADVANCE WHAT YOUR MARKET AREA IS LIKE. SAY YOU'RE INTERESTED IN STARTING A CATERING SERVICE. SEND OUT A QUESTIONNAIRE, ASKING PEOPLE IF THEY'VE USED A CATERER IN THE PAST YEAR, IF THEY THOUGHT THE COST WAS TOO HIGH, AND IF THEY PLAN TO USE A CATERER AGAIN THIS YEAR. YOU CAN COMPILE YOUR MAILING LIST FROM THE TAX ASSESSOR'S BOOKS.

THE ULTIMATE SUCCESS OF YOUR BUSINESS WILL DEPEND HEAVILY ON YOUR MANAGEMENT ABILITY. SO GET SOME MANAGEMENT TRAINING THROUGH YOUR LOCAL OFFICE OF THE SMALL BUSINESS ADMINISTRATION. AND SEND FOR STARTING AND MANAGING A SMALL SERVICE BUSINESS. IT'S $4.25 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

836

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JULY 1982

HOME CANNING OF FRUITS AND VEGETABLES (:30) #836

THAT BACKYARD GARDEN HAS MADE YOU PROUD. IT'S PRODUCING MORE VEGETABLES THAN YOU CAN EAT. YOU'VE BEGUN TO THINK OF A FINE OLD TRADITION--PUTTING SOME UP FOR THE WINTER. IT'S A GOOD IDEA, BUT MAKE SURE YOU KNOW WHAT YOU'RE DOING. HOME-CANNED FOODS ACCOUNT FOR 75% OF THIS COUNTRY'S REPORTED CASES OF BOTULISM. YOU CAN LEARN SAFE PROCESSING TECHNIQUES FOR A VARIETY OF FOODS IN HOME CANNING OF FRUITS AND VEGETABLES. IT'S $1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBLIC LIBRARY
SEP 1 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

HOME CANNING OF FRUITS AND VEGETABLES (:20)

THINKING ABOUT CANNING SOME OF THOSE VEGETABLES YOU'VE GROWN? IT CAN GIVE YOU A LOT OF SATISFACTION. IT CAN ALSO GIVE YOU BOTULISM, IF YOU DON'T GO ABOUT IT JUST RIGHT. LEARN SAFE PROCESSING TECHNIQUES FOR A VARIETY OF FOODS IN HOME CANNING OF FRUITS AND VEGETABLES. IT'S $1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11.9/3:

Federal Consumer Focus

July 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Home Canning of Fruits and Vegetables
Supplemental Information

HOW TO CAN TOMATOES

Materials

You'll need some proper home canning jars. Don't re-use the jars you buy food in at the supermarket, and don't try to use those decorative antique jars you found at the flea market. Buy new jars that are specifically made for home canning. One kind that's easy to use has a two-piece metal top. The "screw band" portion looks like an ordinary jar top with a big hole in it. The other piece--the lid itself--is just a flat metal disk that's treated on one side with a special sealing compound. For the directions below, use pint jars. Each pint jar will hold about six canned tomatoes.

You'll also need a large pot or kettle, about four inches deeper than the pint jars, with a tight-fitting lid. And at the bottom of this pot, you'll need a metal or wood rack, to raise the jars off the bottom and keep them properly separated.

Preparing for Processing

However many jars the big kettle will hold, times six tomatoes per jar, is about the number of tomatoes you can process in a batch. Fill the big kettle about halfway with water and start it heating while you begin thoroughly washing your first batch of tomatoes. Next, dip the tomatoes briefly in boiling water, then in cold, to loosen their skins. Then peel the tomatoes, cut them into quarters, put them in an empty pot, and bring them to a boil.

The heated mixture goes directly into the canning jars, without cooling. Fill each jar up to about a half inch from rim, with the tomatoes covered by their natural juices. Add a half teaspoon of salt. Wipe the jar's mouth clean, and put on the flat lid--with the side that has the special sealing compound next to the glass. Then put on the screw band and tighten it by hand.

Processing

Set the jars right-side-up on the rack in the big kettle. The hot water in the kettle should cover the jars by one or two inches, with another inch or two left in the kettle for the water to boil. If you need to raise the water level in the kettle, pour in more boiling water, being careful not to pour it directly onto the jars. Put the lid on the kettle, bring it to a full boil, and then start timing.

If you're at sea level, the kettle needs to boil ten minutes. For every thousand feet of elevation above sea level, add another minute to the ten minutes' base processing time. Make sure you boil for the full required time: this is the stage where you're killing the bacteria that could make the food dangerous to eat. If the water boils away to the point where the jar tops are exposed, add more boiling water.

When the required processing time is up, take the jars out of the kettle and set them on a folded cloth or some other material that will keep them from direct contact with cold countertops. Let them air cool, with enough space in between for the air to circulate.

Final Steps

When the jars are cool, remove their screw bands and test the seals of the flat metal tops. If a top is all the way down, and you can't push it down any further, you've got a good seal. If you're not sure that a jar's seal is good, put it in the refrigerator and use the food soon. Jars with good seals should be labeled with their contents and the date you canned them, and stored in a dry place out of direct sunlight and high heat. The food should be good to eat for at least a year.

But to be safe, carefully check any jar before you open it. A bulging lid or leak could mean the food has spoiled. When you open the container, look for other signs--spurting liquid, an "off" color, or mold. Finally, cook the canned food thoroughly. If it looks spoiled, foams, or has an "off" odor during heating, don't use it. Dispose of it someplace out of the reach of children and pets.

CAUTION

The directions above apply only to the canning of tomatoes in pint jars. Other sizes--and other fruits--require different processing times. Most fruits also need to have juice or syrup added. And for virtually all vegetables, a steam pressure canner is required: the simple kettle full of boiling water does not kill enough of the germs that can cause home-canned vegetables to be dangerous.

Federal
Consumer
Focus

JULY 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

#836

HOME CANNING OF FRUITS AND VEGETABLES (:60)

THOSE TOMATO PLANTS YOU'VE FUSSED OVER SO CAREFULLY ARE FINALLY BEARING FRUIT. NOW THERE'S A NICE HOME-GROWN TOMATO IN EVERY SALAD AND SANDWICH. YOU'VE MADE SPAGHETTI SAUCE BY THE TUBFUL. AND EVERY TIME YOUR FRIENDS AND NEIGHBORS SEE YOU COMING, IT'S WITH AN ARMLOAD OF TOMATOES. THE PROBLEM IS, YOU STILL HAVE MORE TOMATOES.

MAYBE YOU'VE THOUGHT OF CANNING THEM. ACCORDING TO THE U.S. DEPARTMENT OF AGRICULTURE, CANNING IS NOT ALL THAT DIFFICULT. BUT YOU HAVE TO FOLLOW SOME PROCEDURES TO THE LETTER, TO MAKE SURE THE END PRODUCT IS SAFE TO EAT.

USE CONTAINERS THAT ARE SPECIFICALLY MADE FOR HOME CANNING--NOT OLD JARS FROM THE SUPERMARKET THAT USED TO HOLD PEANUT BUTTER OR MAYONNAISE OR WHATEVER. AND BE SURE TO HEAT THE FOOD THOROUGHLY, TO KILL THE BACTERIA THAT CAN MAKE HOME CANNED FOOD DANGEROUS.

HOW MUCH HEAT YOU NEED DEPENDS ON THE FOOD'S ACID CONTENT, WHICH IS RELATIVELY HIGH IN FRUITS AND LOW IN VEGETABLES. LEARN SAFE PROCESSING TECHNIQUES FOR A VARIETY OF FOODS IN HOME CANNING OF FRUITS AND VEGETABLES. IT'S $1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

837

Federal Consumer Focus

JULY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

AUTO SERVICE CONTRACTS (:30) #837

IT CAN BE VERY UPSETTING WHEN YOUR NEW CAR GETS SICK. BUT A GOOD AUTO SERVICE CONTRACT IS LIKE HEALTH INSURANCE FOR CARS. THE FEDERAL TRADE COMMISSION WARNS YOU TO ASK LOTS OF QUESTIONS BEFORE YOU BUY A SERVICE CONTRACT. FOR INSTANCE, HOW WILL REPAIR COSTS BE PAID? WHAT HAPPENS IF THE CAR BREAKS DOWN OUT OF TOWN? THEN CALL THE LOCAL BETTER BUSINESS BUREAU OR CONSUMER OFFICE AND ASK IF THEY HAVE HAD ANY COMPLAINTS ABOUT THE COMPANY. TO LEARN MORE, SEND FOR A FREE COPY OF AUTO SERVICE CONTRACTS FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

NEWARK PUBLIC LIBRARY
SEP 1 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

AUTO SERVICE CONTRACTS (:20)

IF YOU'RE THINKING ABOUT A SERVICE CONTRACT FOR YOUR NEW CAR, THE FEDERAL TRADE COMMISSION REMINDS YOU TO ASK LOTS OF QUESTIONS. FOR INSTANCE, HOW DOES THE CONTRACT DUPLICATE THE WARRANTY, AND WHAT REPAIRS DOES IT COVER? ALSO, CHECK THE COMPANY'S COMPLAINT RECORD AT YOUR LOCAL BETTER BUSINESS BUREAU OR CONSUMER OFFICE. FOR A FREE COPY OF AUTO SERVICE CONTRACTS, WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11.9/3:

Federal Consumer Focus

JULY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

AUTO SERVICE CONTRACTS (2:00) #837

WHEN YOUR NEW CAR GETS SICK, YOU JUST MIGHT FIND YOURSELF WISHING THERE WERE SUCH A THING AS HEALTH INSURANCE FOR AUTOMOBILES. IN A SENSE, THERE IS. AND IF YOU KEEP IN MIND THIS ADVICE FROM THE FEDERAL TRADE COMMISSION, YOU MIGHT FIND A GOOD AUTO SERVICE CONTRACT, WHICH IS INSURANCE FOR YOUR SHINY NEW BEAUTY WHEN IT COMES DOWN WITH A CLANK.

WHILE ALL NEW CARS COME WITH A "FREE" WARRANTY PROVIDED BY THE MANUFACTURER, A SERVICE CONTRACT IS DIFFERENT. IT PROVIDES A SPECIFIC TIME DURING WHICH THE SERVICE CONTRACTOR AGREES TO REPAIR OR MAINTAIN YOUR CAR FOR AN AGREED-UPON PRICE. YOU PURCHASE IT SEPARATELY FROM THE CAR AND DON'T HAVE TO GET SERVICE FROM THE DEALER EITHER. THE SERVICE CONTRACT COULD BE FOR ROUTINE INSPECTION AND MAINTENANCE ONLY.

YOUR WARRANTY COVERAGE AND YOUR SERVICE CONTRACT COVERAGE MAY OVERLAP FOR A YEAR OR SO, IF YOUR CAR IS BRAND NEW. IF THEY DO, YOU SHOULD COMPARE THE COVERAGES AND DECIDE WHETHER THE ADDITIONAL EXPENSE FOR THE ADDED COVERAGE OF THE SERVICE CONTRACT IS WORTH IT. BEFORE YOU DECIDE ON A SERVICE CONTRACT, READ IT CAREFULLY AND BE SURE YOU UNDERSTAND IT. HERE ARE SOME QUESTIONS TO ASK BEFORE YOU SIGN: HOW LONG HAVE THEY BEEN IN BUSINESS? CALL THE LOCAL BETTER BUSINESS BUREAU OR CONSUMER OFFICE AND ASK IF THEY HAVE ANY COMPLAINTS ABOUT THE COMPANY. WHO IS RESPONSIBLE FOR THE CONTRACT? IF A COMPANY THAT OFFERS SERVICE CONTRACTS LACKS FUNDS OR DOES NOT HAVE THE FUNDS INSURED AND GOES OUT OF BUSINESS, YOU WILL PROBABLY BE UNABLE TO GET YOUR BILLS PAID. EVEN IF YOUR DEALER HAS A SERVICE CONTRACT COMPANY ADMINISTER THE PROGRAM, YOU SHOULD FIND OUT IF THAT COMPANY OR AN INSURANCE COMPANY WILL HONOR YOUR CONTRACT IF THE DEALER GOES OUT OF BUSINESS.

(MORE)

Auto Service Contracts/Add one

Ask exactly what is covered and under what circumstances. A service contract may cover all major systems of the car or only some of them. Some dealers and manufacturers offer a choice of plans--from the least expensive covering a few systems to the most expensive covering many systems. Sometimes a potentially expensive repair is excluded. You should assume that unless the contract says something is covered, it isn't. You can also assume that the contract will not cover anything resulting from misuse or failure to maintain the car.

How will my repair costs be paid? Your service contract company may pay the dealer or mechanic directly, or you may have to pay for the work and ask the service contract company for reimbursement. Do you have to get several estimates before having the work done or the bill paid? Just be sure you understand everything before you sign the contract.

For more information, send for a copy of _Auto Service Contracts_. It's free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JULY 1982

AUTO SERVICE CONTRACTS (:60)

#837

IT CAN BE A VERY UPSETTING WHEN YOUR NEW CAR GETS SICK-- AFTER ALL, IT'S YOUR PRIDE AND JOY. IF ONLY THERE WERE HEALTH INSURANCE FOR AUTOMOBILES. AUTO SERVICE CONTRACTS CAN SERVE THAT PURPOSE, AND THIS ADVICE FROM THE FEDERAL TRADE COMMISSION CAN HELP YOU CHOOSE A GOOD ONE.

ALL NEW CARS COME WITH A "FREE" WARRANTY, PROVIDED BY THE MANUFACTURER, BUT A SERVICE CONTRACT IS DIFFERENT. FOR A SPECIFIC PERIOD OF TIME THE SERVICE CONTRACTOR AGREES TO REPAIR OR MAINTAIN YOUR CAR FOR AN AGREED-UPON PRICE. YOU PURCHASE IT SEPARATELY FROM THE CAR AND MAY BE ABLE TO GET SERVICE FROM A VARIETY OF PLACES OTHER THAN FROM THE DEALER.

BEFORE YOU DECIDE ON A SERVICE CONTRACT, READ IT CAREFULLY AND BE SURE YOU UNDERSTAND IT. ASK HOW LONG THE SERVICE COMPANY HAS BEEN IN BUSINESS. WHAT WILL THE CONTRACT COVER IF YOUR CAR BREAKS DOWN OUT OF TOWN? THEN CALL THE LOCAL BETTER BUSINESS BUREAU OR CONSUMER OFFICE AND ASK IF THEY HAVE ANY COMPLAINTS ABOUT THE COMPANY. FOR A FREE COPY OF AUTO SERVICE CONTRACTS, WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

838

Federal Consumer Focus

JULY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

HOW TO COPE WITH ARTHRITIS (:30) #838

COPING WITH ARTHRITIS IS NOT SOMETHING YOU SHOULD DO ALONE, REMINDS THE FOOD AND DRUG ADMINISTRATION. IT SHOULD BE DIAGNOSED AND TREATED BY A QUALIFIED PHYSICIAN. ALTHOUGH DOCTORS RECOMMEND REST, ESPECIALLY WHEN JOINTS ARE PAINFUL AND INFLAMED, EXERCISE IS IMPORTANT TOO. THERAPEUTIC EXERCISES FOR THE SPECIFIC CONDITION ARE ESSENTIAL TO MAINTAIN JOINT FUNCTION AND ALSO TO STRENGTHEN THE MUSCLES THAT SUPPORT THE JOINTS. FOR A COPY OF HOW TO COPE WITH ARTHRITIS, SEND $1.75 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBL!C LIBRARY

SEP 1 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

Each year people spend hundreds of millions of dollars on drugs, devices, and treatments that have not been proven effective, and that can actually be harmful. However, the drugs listed below have been used effectively in the treatment of arthritis. The generic names are given first, with the brand names in parentheses.

Salicylates	aspirin time-released aspirin enteric-coated aspirin buffered aspirin many other forms of salicylate
Nonsteroidal Anti-inflammatory Drugs	ibuprofen (Motrin) naproxen (Naprosyn) feroprofen (Nalfon) tolmetin (Tolectin) phenylbutazone (Butazolidin) oxyphenbutazone (Tandearil) indomethacin (Indocin) sulindac (Clinoril)
Corticosteroids	hydrocortisone prednisone triamcinolone hexacetonide (Aristocort) dexamethasone (Decadron) methylprednisolone (Medrol and many others)
Antimalarial	chloroquine hydroxychloroquine (Plaquenil) gold salts (Myochrysine, Solganal) penicillamine (Depen, Cuprimine)
Folic Acid Antagonist	methotrexate
Antigout Medications	colchicine allopurinol (Zyloprim) probenecid (Benemid) sulfinpyrazone (Anturan)
Cytotoxic Agents	cyclophosphomide (Cytoxan) azathioprine (Imuran) chlorambucil (Leukeran)

GS 11. 9/3:

Federal Consumer Focus

JULY 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

HOW TO COPE WITH ARTHRITIS (2:00)

#838

THE PAIN OF ARTHRITIS IS NOT NEW. IN FACT, THERE'S EVIDENCE OF IT FOUND IN EGYPTIAN MUMMIES. BUT EVEN WITH ALL THE ADVANCES IN MEDICINE, ARTHRITIS AND ITS PAIN ARE STILL AROUND AFFECTING PEOPLE OF ALL AGES.

THE THREE MOST COMMON FORMS ARE RHEUMATOID ARTHRITIS, OSTEOARTHRITIS, AND GOUT. RHEUMATOID IS THE MOST DIFFICULT TO CONTROL AND CAN DO THE MOST DAMAGE TO THE JOINTS. IT USUALLY AFFECTS MANY JOINTS, MOST COMMONLY THE SMALL JOINTS OF THE HANDS.

OSTEOARTHRITIS IS MORE COMMON THAN RHEUMATOID ARTHRITIS, BUT AS A RULE, IT IS LESS DAMAGING. OLDER PEOPLE ARE ITS MOST FREQUENT VICTIMS. EXCESSIVE OR UNUSUAL WEAR OF THE JOINTS IS AN IMPORTANT CONTRIBUTING FACTOR. THIS OFTEN RESULTS FROM OVERWEIGHT, POOR POSTURE, INJURY, PHYSICAL STRAIN FROM ONE'S OCCUPATION OR RECREATION, OR A COMBINATION OF THESE FACTORS. THE COMMON SYMPTOMS ARE PAIN AND STIFFNESS.

GOUT IS THE EASIEST FORM OF ARTHRITIS TO DETECT AND TREAT. IT MOST COMMONLY AFFECTS THE JOINTS OF THE FEET, PARTICULARLY THE BIG TOE. UNLIKE MANY OTHER FORMS OF ARTHRITIS, MOST CASES OF GOUT OCCUR IN MEN, AND ITS CAUSE, AN EXCESS OF URIC ACID, IS CLEARLY UNDERSTOOD.

COPING WITH ARTHRITIS IS NOT SOMETHING YOU SHOULD DO ALONE. IT SHOULD BE DIAGNOSED AND TREATED BY A QUALIFIED PHYSICIAN. CONTRARY TO POPULAR BELIEF, THERE IS NO SUCH THING AS A SPECIAL ARTHRITIS DIET. HOWEVER, IT IS IMPORTANT FOR THE ARTHRITIC PERSON TO KEEP OFF EXTRA POUNDS THAT CAN PUT AN EXTRA BURDEN ON WEIGHT-BEARING JOINTS.

(MORE)

HOW TO COPE WITH ARTHRITIS/ADD ONE

PATIENTS WITH RHEUMATOID ARTHRITIS, ON THE OTHER HAND, CAN LOSE THEIR APPETITE, THIS CAN LEAD TO BECOMING UNDERWEIGHT, UNDERNOURISHED, AND ANEMIC.

WHILE PATIENTS WITH GOUT ARE NOT PUT ON A SPECIAL DIET, MANY DOCTORS ADVISE AVOIDING FOODS THAT ARE HIGH IN THE FORERUNNERS OF URIC ACID, THE CHEMICAL THAT ACCUMULATES IN GOUTY JOINTS. THESE FOODS INCLUDE LIVER, KIDNEY, CAVIAR, AND SWEETBREADS. GOUT PATIENTS SHOULD ALSO AVOID EXCESSIVE USE OF ALCOHOLIC BEVERAGES AND LARGE AMOUNTS OF FATTY FOODS.

THE ARTHRITIS PATIENT SHOULD GET SUFFICIENT REST, PARTICULARLY DURING PERIODS WHEN JOINTS ARE PAINFUL AND INFLAMED. PROPER EXERCISE IS ALSO VERY IMPORTANT. IF ARTHRITIC JOINTS ARE NOT USED FOR SOME TIME, THEY TEND TO BECOME STIFF AND PERMANENTLY LIMITED IN MOTION. THERAPEUTIC EXERCISES, INDIVIDUALLY PRESCRIBED FOR THE SPECIFIC CONDITION, ARE ESSENTIAL NOT ONLY FOR THE MAINTENANCE OF JOINT FUNCTION, BUT ALSO FOR STRENGTHENING THE MUSCLES THAT SUPPORT THE JOINTS.

TO LEARN MORE, SEND FOR A COPY OF HOW TO COPE WITH ARTHRITIS. IT'S $1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

July 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

How to Cope With Arthritis (:60) #838

The pain of arthritis isn't new. But, even with all the advances in medicine, arthritis and its pain are still affecting people of all ages.

The three most common forms are rheumatoid arthritis, osteoarthritis, and gout.

Coping with these or other forms of arthritis is not something you should do alone. It should be diagnosed and treated by a qualified physician. The doctor may prescribe medication, but contrary to popular belief, there is no such thing as a special arthritis diet. However, it is important for an arthritic person to keep off extra pounds that can overload weight-bearing joints.

Many doctors do advise gout patients to avoid foods that are high in forerunners of uric acid, the chemical that accumulates in gouty joints. These foods include liver, kidney, caviar, and sweetbreads. Gout patients should also avoid excessive use of alcoholic beverages and large amounts of fatty foods.

To learn more, send for a copy of How To Cope With Arthritis. It's $1.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

839

Federal Consumer Focus

JULY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

HOUSE CONTRUCTION: HOW TO REDUCE COSTS (:30) #839

IF YOU'RE BUILDING A HOUSE, HERE ARE SOME COST CUTTING TIPS FROM THE U.S. DEPARTMENT OF AGRICULTURE: TO GET THE MOST SPACE FOR THE MONEY, STICK TO A TWO-STORY, SQUARE OR RECTANGULAR LAYOUT. IT HAS THE LEAST WALL AND ROOF AREA FOR THE FLOOR SPACE. STICK TO STANDARD SIZED ROOMS, WINDOWS, AND DOORS, USING PRE-FAB AND PRE-CUT ITEMS WHERE POSSIBLE. BUT DON'T SCRIMP ON STRUCTURAL LUMBER, PAINT, OR ELECTRICAL OR MECHANICAL SYSTEMS. TO LEARN MORE, SEND $1.75 FOR HOUSE CONTRUCTION: HOW TO REDUCE COSTS TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBLIC LIBRARY
SEP 1 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

HOUSE CONTRUCTION: HOW TO REDUCE COSTS (:20)

YOU CAN SAVE ON BUILDING A HOUSE IF YOU USE STANDARD SIZED ROOMS, DOORS AND WINDOWS. THAT WAY YOU CAN USE FULL SHEETS OF PLYWOOD AND SHEETROCK, PRE-FABBED WINDOWS AND DOORS, AND, LATER, STANDARD RUG WIDTHS. THERE ARE MANY WAYS TO SAVE, NOTES THE U.S. DEPARTMENT OF AGRICULTURE. TO LEARN HOW, SEND FOR HOUSE CONTRUCTION: HOW TO REDUCE COSTS. IT'S $1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11. 9/3:

Federal Consumer Focus

July 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

House Construction: How to Reduce Costs (2:00) #839

Building a house can often be less expensive than buying a ready-made one. But if you're thinking about building, make sure you spend time planning how to keep your costs to a minimum.

Here are some suggestions from the U.S. Department of Agriculture on ways to keep those costs low without sacrificing the attractiveness or durability of your new home.

If you are looking for the land, choose a site with firm, well-drained soil. Be sure utilities and sewage disposal are close by. To save on energy costs, the house should get the best ventilation and sun exposure possible. In cold climates, a hill facing south will help you make the most of the winter sun. Where it's warm, take advantage of cool northern breezes.

Next, select an economical house design. To save on building and energy bills, a house with the smallest amount of wall surface is your best bet. A square or rectangular floor plan gives the most living space for the money. Two story designs are cheaper because they require less roof for the space. And an attic or basement can expand the living area without the expense of expanding the house.

Get the most for your money inside as well. Use rooms for more than one purpose, such as a combined living room and dining room. Keep hallways to a minimum. If your design does call for hallways, include built-in storage or laundry areas so the hall becomes multipurpose.

(MORE)

HOUSE CONSTRUCTION: HOW TO REDUCE COSTS/ADD ONE

USE STANDARD SIZED ROOMS, WINDOWS, AND DOORS. THAT WAY YOU CAN USE SHEETS OF PLYWOOD, SHEETROCK, AND -- LATER -- STANDARD RUG WIDTHS WITHOUT HAVING TO DO ANY CUSTOM FITTING. STANDARD DOOR AND WINDOW SIZES MEAN YOU CAN BUY PRE-FAB MATERIALS AND SAVE.

THERE ARE OTHER WAYS TO SAVE ON MATERIALS. BUY LOCALLY AND IN QUANTITY TO MINIMIZE DELIVERY COSTS. AND SHOP THE SALES.

BUT NEVER COMPROMISE ON QUALITY WITH CRITICAL MATERIALS THAT MAY AFFECT SAFETY OR DURABILITY. BUY QUALITY STRUCTURAL LUMBER, PAINT, AND MECHANICAL OR ELECTRICAL EQUIPMENT. IT'S FOOLISH TO SCRIMP ON MATERIALS THAT WILL BE DIFFICULT AND EXPENSIVE TO REPLACE LATER.

TO LEARN MORE, SEND FOR THE BOOKLET, HOUSE CONSTRUCTION: HOW TO REDUCE COSTS. ITS' $1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

July 1982

House Contruction: How To Reduce Costs (:60) #839

If you're planning on building your own house, here are some ideas from the U.S. Department of Agriculture on how to keep costs under control:

Planning is key. Choose a site with firm, well drained soil where utilities are nearby. To save on energy, face the house toward the winter sun if you live in a cold climate, and away from it if you live where it's warm.

Get the most living area for the money. A two-story square or rectangular floor plan requires the least amount of wall and roof area for the interior space. And finished attics and basements can add extra space for little additional cost.

To save on materials, use standard sized rooms, doors, and windows. Then you can use pre-fab and pre-cut items without having the expense of custom fitting.

Just don't scrimp on structural lumber, paint, or electrical or mechanical equipment. You'll end up paying for it in the end.

To learn more, send for a copy of House Contruction: How To Reduce Costs. It's $1.75 from consumer Focus, Pueblo, Colorado 81009.

# # # #

840

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JULY 1982

WHEN PARENTS DIVORCE (:30)

#840

IF YOU ARE THINKING ABOUT GETTING A DIVORCE AND YOU HAVE CHILDREN, MAKE CUSTODY DECISIONS BEFORE YOU TELL THE CHILDREN. TO HELP THEM ADJUST TO THE SEPARATION, THEY NEED TO KNOW WHERE THEY WILL LIVE, WHO WILL TAKE CARE OF THEM, WHERE THEY WILL GO TO SCHOOL, AND WHEN THEY WILL SEE EACH PARENT. WHILE IT CAN BE DIFFICULT FOR A COUPLE CONTEMPLATING DIVORCE TO AGREE ON ANY ISSUE, THE NATIONAL INSTITUTE OF MENTAL HEALTH NOTES THAT THE ANSWERS TO THESE QUESTIONS WILL HELP TO MINIMIZE THE ADJUSTMENT PERIOD. TO LEARN MORE, SEND $2.50 FOR A COPY OF WHEN PARENTS DIVORCE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBLIC LIBRARY
SEP 1 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

WHEN PARENTS DIVORCE (:20)

TO HELP CHILDREN ADJUST TO THE IDEA OF DIVORCE, THEY NEED TO KNOW WHERE THEY WILL LIVE, WHO WILL TAKE CARE OF THEM, WHERE THEY WILL GO TO SCHOOL, AND WHEN THEY WILL SEE THE OTHER PARENT. THE NATIONAL INSTITUTE OF MENTAL HEALTH SUGGESTS YOU DECIDE THE ANSWERS TO THESE QUESTIONS BEFORE TELLING THE CHILDREN ABOUT THE DIVORCE. FOR MORE, SEND $2.50 FOR A COPY OF WHEN PARENTS DIVORCE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11.9/3.

Federal Consumer Focus

JULY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

WHEN PARENTS DIVORCE (2:00)

#840

WHEN ADULTS BREAK UP A RELATIONSHIP, THERE ARE OFTEN MORE THAN TWO PEOPLE INVOLVED. OVER HALF OF ALL DIVORCES INVOLVES FAMILIES WITH CHILDREN. AND THAT MEANS THAT THE WHOLE PROCESS IS COMPLICATED BY THE ADDITIONAL ADJUSTMENTS THAT MUST OCCUR.

NO TWO PEOPLE ADJUST TO SOMETHING AS SERIOUS AS DIVORCE AT THE SAME RATE. SOMETIMES THE CHILDREN ADJUST MORE QUICKLY THAN THE PARENTS, AND SOMETIMES THE PARENTS COME TO TERMS WITH THE SEPARATION WHILE THE CHILDREN STILL CONTINUE TO SUFFER.

THE NATIONAL INSTITUTE OF MENTAL HEALTH SUGGESTS THAT THERE ARE SOME WAYS TO MINIMIZE THIS ADJUSTMENT PROCESS. BUT IT TAKES SOME EFFORT.

COUPLES WHO ARE CONTEMPLATING DIVORCE OFTEN FIND IT DIFFICULT TO AGREE ON ANY ISSUE. BUT IT IS IMPORTANT TO TRY TO REACH AGREEMENT ON THOSE QUESTIONS THAT AFFECT THE CHILDREN BEFORE THE COUPLE TELLS THEM ABOUT THE SEPARATION.

TELLING CHILDREN ABOUT A DIVORCE LEAVES THEM FEELING ROOTLESS AND ALONE. THEY NEED TO KNOW WHERE THEY WILL LIVE, WHO WILL TAKE CARE OF THEM, WHERE THEY WILL GO TO SCHOOL, AND WHEN THEY WILL SEE EACH PARENT. YOUNG CHILDREN FEAR THAT THEY WILL BE LEFT BY BOTH PARENTS. OLDER CHILDREN WORRY ABOUT MOVING AWAY FROM FRIENDS OR SCHOOL AND ABOUT NOT HAVING ENOUGH MONEY. ALL CHILDREN FEEL TO A DEGREE THAT THEY ARE NOT LOVED AND THAT THEY ARE SOMEHOW TO BLAME FOR THE DIVORCE.

(MORE)

When Parents Divorce/Add One

It is usually better for the couple to sit down together and figure out custody arrangements. Third parties will often not understand the ways in which the family works, and they will push for things that mean little to the family while leaving out something important. However, if the two of you find that you cannot work out the arrangements, on your own, consider a counseling service or arbitration service that will work with both of you to come to a fair settlement that meets legal requirements.

Whether you decide to have one-parent custody, joint custody, or some other arrangement, it is important for the children to continue the relationship with each parent. Don't let the separation of the parents become a separation from the children as well.

To learn more, send for a copy of the booklet, When Parents Divorce. It's $2.50 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

JULY 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#840

WHEN PARENTS DIVORCE (:60)

MORE THAN HALF OF THE COUPLES WHO GET A DIVORCE HAVE CHILDREN. AND THAT MEANS THAT AN ALREADY DIFFICULT PROCESS IS COMPLICATED BY THE ADDITIONAL FAMILY ADJUSTMENTS THAT MUST OCCUR.

THE BREAK UP OF A FAMILY LEAVES THE CHILDREN FEELING ROOTLESS AND ALONE. YOUNG CHILDREN FEAR THAT THEY WILL BE LEFT BY BOTH PARENTS. OLDER CHILDREN WORRY ABOUT MOVING AWAY FROM FRIENDS OR SCHOOL AND ABOUT A LACK OF MONEY. AT ANY AGE CHILDREN MAY SENSE THAT THEY ARE NOT LOVED AND THAT SOMEHOW THEY ARE TO BLAME FOR THE DIVORCE.

THEY NEED TO KNOW WHERE THEY WILL LIVE, WHO WILL TAKE CARE OF THEM, WHERE THEY WILL GO TO SCHOOL, AND WHEN THEY WILL SEE EACH PARENT.

IT CAN BE DIFFICULT FOR A COUPLE CONTEMPLATING DIVORCE TO AGREE ON ANY ISSUE. BUT THE NATIONAL INSTITUTE OF MENTAL HEALTH NOTES THAT IT WILL HELP THE CHILDREN TO ADJUST IF YOU SETTLE THESE QUESTIONS ABOUT THE CHILDREN BEFORE TELLING THEM ABOUT THE SEPARATION.

TO LEARN MORE, SEND $2.50 FOR A COPY OF WHEN PARENTS DIVORCE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

841

Federal Consumer Focus

July 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Vegetarian Diets (:30)

#841

If you're thinking about becoming a vegetarian, here's a tip from the Food and Drug Administration: For a balanced vegetarian diet, eat two servings daily of these high-protein meat alternates--legumes, nuts, peanuts, eggs, meat analogs and dairy products. Legumes, particularly soybeans, are very important for women and children because they are rich in protein, B-vitamins and iron. For free copy of Vegetarian Diets, write Consumer Focus, Pueblo, Colorado 81009.

NEWARK PUBLIC LIBRARY
SEP 1 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

Vegetarian Diets (:20)

If you're a vegetarian, the Food and Drug Administration notes that for a balanced diet, you should eat two servings daily of these high protein meat alternatives--nuts, peanuts, eggs, meat analogs, and legumes such as soybeans, and dairy products. For a free copy of Vegetarian Diets, write Consumer Focus, Pueblo, Colorado 81009.

# # # #

GS 11.9/3:

Federal
Consumer
Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JULY 1982

VEGETARIAN DIETS (2:00)

#841

EVEN THOUGH YOU'VE CAREFULLY PLANNED YOUR MENU, THAT VEGETABLE CASSEROLE WITH EGGS AND CHEESE MAY NOT BE ACCEPTABLE WHEN YOU HAVE VEGETARIAN FRIENDS COMING TO DINNER. VEGETARIANS VARY AS TO WHAT THEY THEY WILL OR WON'T EAT. SOME AVOID ONLY MEAT. OTHERS LIMIT THE FOODS THEY CONSUME EVEN MORE, AND WILL OMIT EGGS AND EVEN DAIRY PRODUCTS. THE MORE RESTRICTED THE DIET IS, THE FOOD AND DRUG ADMINISTRATION NOTES, THE GREATER THE DIFFICULTY IN MAKING SURE THE BODY'S NUTRITIONAL NEEDS ARE MET. THIS IS PARTICULARLY TRUE FOR GROWING CHILDREN.

THE FOOD AND NUTRITION BOARD SUGGESTS THAT VEGETARIANS WILL GET ALONG VERY WELL AS LONG AS THEY INCLUDE A VARIETY OF PLANT FOODS IN THE DIET. THE GREATEST RISK COMES FROM RELIANCE ON A SINGLE PLANT FOOD SOURCE, USUALLY A CEREAL GRAIN OR STARCHY ROOT CROP. HERE'S THE BOARD'S RECOMMENDATION FOR EATING WELL ON A VEGETARIAN REGIME:

LEGUMES (PARTICULARLY SOYBEANS) ARE RICH IN PROTEIN, B-VITAMINS, AND IRON. SINCE IT'S DIFFICULT FOR WOMEN TO GET ENOUGH IRON IN THEIR USUAL DIETS, IT'S EVEN MORE DIFFICULT WHEN RED MEATS ARE LEFT OUT. SO LEGUMES ARE ESPECIALLY IMPORTANT.

GRAINS SUPPLY CARBOHYDRATES, PROTEIN, THIAMIN, IRON AND TRACE MINERALS.

NUTS AND OTHER SEEDS PROVIDE FAT (WHICH SUPPLIES ENERGY), AND B-VITAMINS IN ADDITION TO PROTEIN AND IRON.

(MORE)

VEGETARIAN DIETS/ADD ONE

DARK GREEN LEAFY VEGETABLES ARE SOURCES OF CALCIUM, RIBOFLAVIN, AND CAROTENE, WHICH MAKES VITAMIN A. THESE VEGETABLES SHOULD BE USED LIBERALLY BY VEGETARIANS.

FOR A BALANCED DIET, VEGETARIANS SHOULD EAT TWO SERVINGS DAILY OF THESE HIGH-PROTEIN MEAT ALTERNATIVES--LEGUMES, NUTS, PEANUTS, EGGS, MEAT ANALOGS, AND DAIRY PRODUCTS.

A REAL ADVANTAGE OF VEGETARIAN DIETS IS THEIR HIGH FIBER CONTENT. FIBER CAN ELIMINATE THE NEED FOR LAXATIVES, AND A HIGH FIBER INTAKE CAN ALSO DISCOURAGE OVEREATING, SINCE ONE FILLS UP FAST ON ROUGHAGE. CONSEQUENTLY, FAT VEGETARIANS ARE A RARE SPECIES.

FOR MORE INFORMATION, SEND FOR A COPY OF VEGETARIAN DIETS. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

July 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Vegetarian Diets (:60) #841

Vegetarians vary as to what they will or won't eat. Some avoid only meat. Others limit the foods they consume even more, and omit eggs and dairy products.

If you're thinking about becoming a vegetarian, take care to meet your nutritional needs. To help you, the Food and Drug Administration passes along these suggestions:

For a balanced vegetarian diet, eat two servings daily of these high-protein meat alternates: legumes, nuts, peanuts, eggs, meat analogs, and dairy products. Legumes, particularly soybeans, are rich in protein, B-vitamins and iron. Nuts and other seeds provide fat (which supplies energy) and B-vitamins in addition to protein and iron.

Grains supply carbohydrates, protein, thiamin, iron and trace minerals.

Dark green, leafy vegetables are sources of calcium, riboflavin, and carotene, which makes vitamin A. Use these vegetables liberally.

For a free copy of Vegetarian Diets, write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

842-

Federal Consumer Focus

AUGUST 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

GROWING EQUITY MORTGAGES (:30)

#842

THE VETERANS ADMINISTRATION HAS JUST AGREED TO GUARANTEE A NEW TYPE OF HOME LOAN CALLED A GROWING EQUITY MORTGAGE. THE PAYMENTS FOR THE FIRST YEAR ARE THE SAME AS FOR A REGULAR 30-YEAR MORTGAGE. THEN THEY BEGIN TO RISE, WITH ALL OF THE INCREASE PAID TOWARD THE PRINCIPAL. AT THE END OF EIGHT TO TWELVE YEARS, THE PAYMENTS WILL LEVEL OFF OR THE MORTGAGE WILL BE PAID IN FULL. THE BUYER BUILDS EQUITY IN THE HOUSE QUICKLY, WHILE SAVING MONEY ON INTEREST OVER THE LIFE OF THE LOAN. LENDERS ARE ABLE TO MAKE MORE LOANS BECAUSE THEIR MONEY IS RETURNED FASTER. CHECK WITH YOUR MORTGAGE LENDER FOR MORE INFORMATION.

NEWARK PUBLIC LIBRARY
SEP 17 1982
U. S. GOVT. PUBS.
DEPOSITORY 378

####

FULBRIGHT TEACHER EXCHANGE PROGRAMS (:30)

HOW WOULD YOU LIKE TO SPEND A YEAR LIVING AND WORKING IN A FOREIGN COUNTRY? OR SIX WEEKS NEXT SUMMER STUDYING ANOTHER CULTURE? IF YOU'RE A TEACHER OR SCHOOL ADMINSTRATOR, YOU MAY BE ELIGIBLE FOR THE FULBRIGHT TEACHER EXCHANGE PROGRAM. . THERE ARE HUNDREDS OF OPPORTUNITIES FOR WORK OR STUDY ABROAD EACH YEAR. TO GET AN APPLICATION AND INFORMATION KIT, WRITE TO THE FULBRIGHT TEACHER EXCHANGE PROGRAM, U.S. DEPARTMENT OF EDUCATION, WASHINGTON, D.C. 20202. APPLICATIONS FOR THE 1983-84 SCHOOL YEAR ARE DUE BY OCTOBER 15, 1982, SO DON'T DELAY.

####

GS 11.9/3:

Federal Consumer Focus

August 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Growing Equity Mortgages (2:00) #842

With the increase in house prices and the fluctuations in mortgage interest rates, a variety of new types of home loans have appeared. Some, such as Graduated Payment Mortgages, help home buyers who are just starting out. Others, such as Reverse Annuity Mortgages, are good for older homeowners who have a larger amount of equity tied up in their homes. Then there are different Adjustable Rate Mortgages which help to protect the lenders when interest rates rise.

But now, the Veterans Administration has approved a new type of mortgage that has advantages for both the buyer and the lender.

The plan is called a Growing Equity Mortgage or GEM. Although payments are based on a standard, fixed rate, 30-year mortgage, a GEM gets paid off much faster. For the first year, your payments are the same as those for a 30-year loan. But then the payments begin to rise, with all of the increase going toward the principal. The payments will grow annually for eight to twelve years. At the end of that time, the payments will either level off or the mortgage will be paid in full.

The advantage to the housebuyer is that the investment in the house grows at a rapid rate with relatively small increases in payments. In addition, the mortgage is paid in full much earlier, saving thousands of dollars in interest.

(MORE)

GROWING EQUITY MORTGAGE/ADD ONE

LENDERS BENEFIT BECAUSE THEY RECEIVE HIGHER PAYMENTS. THIS WAY THEIR MONEY IS NOT TIED UP IN LONG TERM MORTGAGES AND THEY CAN MAKE MORE LOANS OVERALL.

SOME OF THESE PLANS CALL FOR A FIXED LEVEL OF GROWTH IN THE PAYMENTS. OTHERS ARE TIED TO CERTAIN INDEXES, SUCH AS DISPOSABLE INCOME. BUT THE MAXIMUM INCREASE WILL BE FIVE PERCENT PER YEAR.

LIKE OTHER TYPES OF VA LOANS, VA-GUARANTEED GROWING EQUITY MORTGAGES WILL BE AVAILABLE THROUGH MORTGAGE LENDERS AND OTHER TRADITIONAL RESIDENTIAL LOAN SOURCES. SINCE THIS IS A NEW TYPE OF LOAN, THEY MAY NOT YET BE WIDELY AVAILABLE. TO FIND OUT, CHECK WITH YOUR LOCAL MORTGAGE LENDERS. (THESE LOANS MAY ALSO BE AVAILABLE TO NON-VA BORROWERS SOON.)

IF YOU ARE A VETERAN, YOU CAN LEARN MORE ABOUT YOUR ELIGIBILITY FOR LOANS BY CHECKING WITH YOUR LOCAL VETERANS ADMINISTRATION OFFICE. IT IS LISTED IN THE PHONE BOOK UNDER THE "U.S. GOVERNMENT."

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

# # # # #

Federal Consumer Focus

AUGUST 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

GROWING EQUITY MORTGAGES (:60) #842

WITH THE INCREASE IN HOUSE PRICES AND THE FLUCTUATIONS IN MORTGAGE INTEREST RATES, A VARIETY OF NEW HOME LOANS HAVE APPEARED. AND THE VETERANS ADMINISTRATION HAS JUST APPROVED A NEW TYPE THAT HAS SUBSTANTIAL ADVANTAGES FOR BOTH THE BUYER AND THE LENDER. CALLED A GROWING EQUITY MORTGAGE, IT IS BASED ON A STANDARD 30-YEAR MORTGAGE, BUT GETS PAID OFF MUCH FASTER.

FOR THE FIRST YEAR, PAYMENTS ARE THE SAME AS FOR A STANDARD MORTGAGE. THEN THEY BEGIN TO RISE WITH ALL OF THE INCREASES GOING TOWARD THE PRINCIPAL. AT THE END OF EIGHT TO TWELVE YEARS, THE PAYMENTS WILL EITHER LEVEL OFF, OR THE MORTGAGE WILL BE PAID IN FULL. THE MAXIMUM INCREASE PER YEAR ALLOWED BY VA IS FIVE PERCENT.

THE ADVANTAGE TO BUYERS IS THAT THEY BUILD EQUITY IN THE HOUSE QUICKLY, WHILE SAVING THOUSANDS OF DOLLARS IN INTEREST OVER THE LIFE OF THE LOAN.

LENDERS BENEFIT BECAUSE THEIR MONEY IS NOT TIED UP IN LONG TERM MORTGAGES, SO THEY CAN MAKE MORE LOANS OVERALL.

VA-GUARANTEED GROWING EQUITY MORTGAGES WILL BE AVAILABLE THROUGH TRADITIONAL MORTGAGE LENDERS. THESE LOANS MAY ALSO BE OFFERED TO NON-VA BORROWERS SOON. FOR INFORMATION ON THE LOANS, CONTACT YOUR LOCAL LENDER.

# # # #

843

Federal Consumer Focus

August 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

CREDIT CARD: AUTO REPAIR PROTECTION (:30) #843

WHEN YOU USE A CREDIT CARD TO PAY FOR AUTO REPAIRS, YOU CAN USE POTENTIAL NON-PAYMENT OF THE BILL AS A NEGOTIATING TOOL WITH YOUR MECHANIC IF THE JOB ISN'T DONE RIGHT. ACCORDING TO THE FEDERAL TRADE COMMISSION, FIRST YOU MUST TRY TO SETTLE THINGS WITH THE AUTO MECHANIC. IF THAT DOESN'T WORK, YOU HAVE THE RIGHT TO WITHHOLD PAYMENT FOR THAT PORTION OF YOUR BILL FROM THE CREDIT CARD COMPANY UNTIL THE DISPUTE IS RESOLVED. FOR A FREE COPY OF CREDIT CARD: AUTO REPAIR PROTECTION, WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBLIC LIBRARY
SEP 22 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

COMMEMORATIVE HALF DOLLARS (:30)

GEORGE WASHINGTON WAS BORN 250 YEARS AGO. TO HONOR THE ANNIVERSARY OF HIS BIRTH, THE BUREAU OF THE MINT IS PRODUCING A SILVER HALF DOLLAR. THIS IS THE FIRST NEW COMMEMORATIVE HALF DOLLAR IN THIRTY YEARS AND THE FIRST 90 PERCENT SILVER COIN TO BE MADE BY THE U.S. MINT SINCE 1964. YOU CAN GET THESE COINS FROM THE MINT. TO LEARN MORE AND RECEIVE AN ORDER FORM, WRITE: BUREAU OF THE MINT, SAN FRANCISCO, CALIFORNIA. THAT'S BUREAU OF THE MINT, SAN FRANCISCO, CALIFORNIA 94175.

# # # #

NOTE TO REPORTERS: For more information, you can call the Bureau of the Mint in Washington at 202/376-0461.

GS 11.9/3:

Federal Consumer Focus

AUGUST 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

CREDIT CARD: AUTO REPAIR PROTECTION (2:00) #843

DO YOU FEEL ANXIOUS WHEN YOU PICK UP YOUR CAR AFTER IT'S BEEN REPAIRED? YOU PAY FOR IT, DRIVE OFF, AND HOPE THAT THE PROBLEM IS REALLY FIXED. BUT, WHAT HAPPENS IF YOU LATER FIND YOU STILL HAVE THE SAME PROBLEM? UNDER FEDERAL LAW, IF YOU PAID WITH A CREDIT CARD, YOU CAN USE POTENTIAL NON-PAYMENT OF THE BILL AS A NEGOTIATING TOOL WITH YOUR MECHANIC.

HERE'S HOW IT WORKS, ACCORDING TO THE FEDERAL TRADE COMMISSION: IF THE CAR HASN'T BEEN FIXED RIGHT, FIRST YOU MUST TRY TO WORK THINGS OUT WITH THE AUTO MECHANIC. THEN YOU HAVE THE RIGHT TO WITHHOLD PAYMENT BY REFUSING TO PAY THAT PORTION OF YOUR BILL FROM THE CREDIT CARD COMPANY.

TWO OTHER CONDITIONS MUST ALSO BE MET: THE AUTO MECHANIC'S SHOP MUST BE IN YOUR HOME STATE OR, IF NOT IN YOUR STATE, WITHIN 100 MILES OF YOUR CURRENT ADDRESS. AND THE COST OF REPAIRS MUST BE OVER $50.

THESE TWO CONDITIONS DO NOT APPLY AND DO NOT HAVE TO BE MET IF THE CARD ISSUER OWNS AND OPERATES THE REPAIR SHOP--FOR EXAMPLE IF YOUR CAR WAS REPAIRED AT A GAS STATION AND CHARGED ON THAT COMPANY'S GAS CREDIT CARD.

IF YOU DECIDE NOT TO PAY, SEND A LETTER TO BOTH THE CREDIT CARD COMPANY AND THE AUTO MECHANIC. INCLUDE THE DATE OF THE REPAIR, THE CREDIT CARD USED, YOUR ACCOUNT NUMBER, AND WHY THE SERVICE WAS UNSATISFACTORY. THEN INDICATE HOW YOU WOULD LIKE THE DISPUTE SETTLED. IT'S A GOOD IDEA TO SEND THE LETTER BY CERTIFIED MAIL WITH A RETURN RECEIPT REQUESTED.

(MORE)

CREDIT CARD: AUTO REPAIR PROTECTION/ADD ONE

MANY DISPUTES WILL BE SETTLED AT THIS POINT, WITH ONE OR BOTH SIDES COMPROMISING TO REACH A SETTLEMENT. BUT IF THERE IS NO SETTLEMENT AND THE MECHANIC DECIDES TO TAKE YOU TO COURT, YOU MAY WANT TO GO OVER THE DETAILS OF YOUR COMPLAINT WITH A LAWYER.

YOU CAN HOLD ONTO YOUR MONEY UNTIL THE DISPUTE IS SETTLED OR RESOLVED IN COURT. THE CREDIT CARD COMPANY CANNOT MAKE YOU PAY INTEREST OR OTHER PENALTY CHARGES ON THE AMOUNT YOU ARE WITHHOLDING UNTIL THAT TIME.

TO LEARN MORE ABOUT YOUR CREDIT CARD RIGHTS, SEND FOR A COPY OF CREDIT CARDS: AUTO REPAIR PROTECTION. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ____________________.
(STATION CALL LETTERS)

Federal Consumer Focus

AUGUST 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

CREDIT CARD: AUTO REPAIR PROTECTION (:60) #843

WHEN YOU USE A CREDIT CARD TO PAY FOR AUTO REPAIRS, YOU CAN USE NON-PAYMENT OF THE BILL AS A NEGOTIATING TOOL WITH YOUR MECHANIC IF YOU HAVE A PROBLEM WITH THE REPAIR.

ACCORDING TO THE FEDERAL TRADE COMMISSION, IF YOU THINK THE CAR HASN'T BEEN FIXED RIGHT, YOU MUST FIRST TRY TO SETTLE THINGS WITH THE AUTO MECHANIC. IF THAT DOESN'T WORK, UNDER FEDERAL LAW YOU HAVE THE RIGHT TO WITHHOLD PAYMENT FOR THAT PORTION OF YOUR BILL FROM THE CREDIT CARD COMPANY.

TWO CONDITIONS MUST ALSO BE MET: THE AUTO MECHANIC'S SHOP MUST BE IN YOUR HOME STATE OR, IF NOT IN YOUR STATE, WITHIN 100 MILES OF YOUR CURRENT ADDRESS. AND THE COST OF REPAIRS MUST BE OVER $50.

THESE TWO CONDITIONS DO NOT APPLY AND DO NOT HAVE TO BE MET IF THE CARD ISSUER OWNS AND OPERATES THE REPAIR SHOP--FOR EXAMPLE IF YOUR CAR WAS REPAIRED AT A GAS STATION AND CHARGED ON THAT COMPANY'S GAS CREDIT CARD.

IF YOU DECIDE NOT TO PAY, SEND A LETTER EXPLAINING WHY TO BOTH THE CREDIT CARD COMPANY AND THE AUTO MECHANIC. IN MANY CASES A COMPROMISE CAN BE REACHED AT THIS POINT THAT WILL SATISFY BOTH PARTIES.

FOR MORE INFORMATION GET A FREE COPY OF CREDIT CARD: AUTO REPAIR PROTECTION. JUST WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

844

Federal Consumer Focus

AUGUST 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

YOUR MONEY'S WORTH IN FOODS (:30) #844

WHEN YOU SHOP FOR MEAT, COMPARE THE COST PER SERVING, NOT JUST THE PRICE PER POUND. IF ONE MEAT COSTS A THIRD LESS THAN ANOTHER, BUT CONTAINS SO MUCH BONE, FAT, OR GRISTLE THAT YOU NEED HALF-AGAIN AS MUCH OF IT TO MAKE A SERVING, IT'S NOT REALLY A BARGAIN. ALSO, BEAR IN MIND THAT MEAT IS NOT THE ONLY WAY TO GET PROTEIN. EGGS, DAIRY PRODUCTS, DRY BEANS, AND DRY PEAS ARE ALSO GOOD SOURCES.

LEARN MORE SHOPPING TIPS IN YOUR MONEY'S WORTH IN FOODS--FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

NEWARK PUBLIC LIBRARY

SEP 22 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

YOUR MONEY'S WORTH IN FOODS (:20)

CAN A SMALL LOAF OF BREAD AT 89¢ BE MORE ECONOMICAL THAT A LARGE LOAF AT 89¢? YES, IF THE SMALLER LOAF WEIGHS MORE--BECAUSE IT'S WEIGHT, NOT VOLUME, THAT DETERMINES WHICH IS THE BETTER BUY.

LEARN MORE SHOPPING TIPS IN YOUR MONEY'S WORTH IN FOODS. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11.9/3:

Federal Consumer Focus

AUGUST 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

YOUR MONEY'S WORTH IN FOODS (2:00) #844

WHICH IS MORE ECONOMICAL--A SMALL LOAF OF BREAD AT 89¢, OR A LARGER LOAF OF BREAD AT 89¢? THE ANSWER IS THAT YOU DON'T HAVE ENOUGH INFORMATION TO TELL. THE SMALL LOAF MIGHT ACTUALLY WEIGH MORE THAN THE LARGER ONE. AND AS LONG AS THEY HAVE THE SAME NUTRIENTS, IT'S THE WEIGHT OF THE LOAF, NOT ITS SIZE, THAT DETERMINES WHICH IS THE BETTER BUY. HERE ARE SOME MORE SHOPPING TIPS FROM THE U.S. DEPARTMENT OF AGRICULTURE:

FLOUR, CEREAL, AND BAKERY PRODUCTS ACCOUNT FOR ABOUT 12 CENTS OUT OF EVERY DOLLAR THE TYPICAL AMERICAN FAMILY SPENDS ON FOOD. BUT THESE FOODS PROVIDE A CONSIDERABLY HIGHER PERCENTAGE OF OUR NUTRIENTS--INCLUDING NOT JUST CALORIES AND B-VITAMINS, BUT ALSO 19% OF OUR PROTEIN, 23% OF OUR CALCIUM, AND 33% OF OUR IRON. TO GET MAXIMUM NUTRITIONAL VALUE, CHOOSE WHOLE-GRAIN OR ENRICHED PRODUCTS.

FOR VEGETABLES AND FRUITS, BUY WHAT'S IN ABUNDANT SUPPLY, AND COMPARE PRICES FOR FRESH, FROZEN, AND CANNED. THIS MIGHT SEEM LIKE QUIBBLING OVER A FEW PENNIES, BUT THE FACT IS THAT IF YOU BUY EXPENSIVE OR OUT-OF-SEASON ITEMS, YOU CAN SPEND MORE THAN TWICE AS MUCH AS YOU NEED TO.

YOGURT, ICE CREAM, AND ICE MILK CAN REPLACE MILK IN YOUR DIET, BUT AT ADDED COST. FOR EXAMPLE, THREE-QUARTERS OF A CUP OF ICE CREAM OR HALF A CUP OF PLAIN YOGURT MAY COST THREE TIMES AS MUCH AS THE HALF CUP OF MILK IT REPLACES. FLAVORED YOGURT, ICE CREAM, AND ICE MILK ARE ALSO HIGHER IN CALORIES THAN MILK.

(MORE)

YOUR MONEY'S WORTH IN FOODS/ADD ONE

FOR MEATS, ALWAYS COMPARE THE COST PER SERVING, NOT JUST THE PRICE PER POUND. IF ONE MEAT COSTS A THIRD LESS THAN ANOTHER, BUT CONTAINS SO MUCH BONE, FAT, OR GRISTLE THAT YOU NEED HALF-AGAIN AS MUCH OF IT TO MAKE A SERVING, IT'S NOT REALLY A BARGAIN. AND BEAR IN MIND THAT MEAT IS NOT THE ONLY WAY TO GET PROTEIN. EGGS, DAIRY PRODUCTS, DRY BEANS, AND DRY PEAS ARE ALSO GOOD SOURCES.

GOOD NUTRITION MEANS EATING A WIDE VARIETY OF FOODS. LEARN HOW TO COMBINE THE RIGHT AMOUNTS OF EACH--AT A COST THAT FITS YOUR BUDGET--IN YOUR MONEY'S WORTH IN FOODS. THE BOOKLET IS FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION____________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

AUGUST 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

YOUR MONEY'S WORTH IN FOODS (:60) #844

WHICH IS MORE ECONOMICAL, A SMALL LOAF OF BREAD AT 89¢ OR A LARGER LOAF OF BREAD AT 89¢? ACTUALLY, IT'S WHICHEVER LOAF WEIGHS MORE--AND THAT COULD WELL BE THE SMALLER ONE. HERE ARE SOME MORE SHOPPING TIPS FROM THE U.S. DEPARTMENT OF AGRICULTURE:

FOR MEATS, ALWAYS COMPARE THE COST PER SERVING, NOT JUST THE PRICE PER POUND. IF ONE MEAT COSTS A THIRD LESS THAN ANOTHER, BUT CONTAINS SO MUCH BONE, FAT, OR GRISTLE THAT YOU NEED HALF-AGAIN AS MUCH OF IT TO MAKE A SERVING, IT'S NOT REALLY A BARGAIN. ALSO, BEAR IN MIND THAT MEAT IS NOT THE ONLY WAY TO GET PROTEIN. DRY BEANS AND DRY PEAS ARE ALSO GOOD SOURCES.

LOOK FOR PRICE DIFFERENCES BETWEEN THE FRESH, FROZEN, AND CANNED VARIETIES OF A FOOD. SOMETIMES THE RESULTS WILL SURPRISE YOU. IN A RECENT SUPERMARKET PRICE TEST, A HALF GALLON OF FRESH, WHOLE MILK WITH VITAMINS ADDED COST 6¢ LESS THAN AN EQUIVALENT AMOUNT OF CANNED, EVAPORATED MILK.

AND FOR GOOD NUTRITION, MAKE SURE YOU BUY A WIDE VARIETY OF FOODS. LEARN HOW TO COMBINE THE RIGHT AMOUNTS OF EACH--AT A COST THAT FITS YOUR BUDGET IN YOUR MONEY'S WORTH IN FOODS. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

845

Federal Consumer Focus

August 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

IDEAS INTO DOLLARS (:30)

#845

IT'S BEEN SAID THAT IF YOU CAN BUILD A BETTER MOUSETRAP, THE WORLD WILL BEAT A PATH TO YOUR DOOR. HAVE YOU DESIGNED A NEW OR IMPROVED PRODUCT, AND THEN WONDERED WHAT HAPPENED TO THE STAMPEDE? YOUR LOCAL OFFICE OF THE U.S. SMALL BUSINESS ADMINISTRATION CAN SHOW YOU HOW TO GET THE ATTENTION--AND ULTIMATELY, THE PROFITS--THAT YOUR INVENTION DESERVES. AND FOR INFORMATION ON EVERYTHING FROM PATENTING YOUR IDEA TO LOCATING VENTURE CAPITALISTS, SEND FOR THE BOOKLET, IDEAS INTO DOLLARS. IT'S $2.25 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

NEWARK PUBLIC LIBRARY

SEP 22 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

IDEAS INTO DOLLARS (:20)

ARE YOU A "BASEMENT EDISON?" HAVE YOU COME UP WITH A USEFUL NEW PRODUCT, AND NOW YOU'RE LOOKING FOR A WAY TO GET IT INTO PRODUCTION? YOUR LOCAL OFFICE OF THE U.S. SMALL BUSINESS ADMINISTRATION CAN GIVE YOU VALUABLE GUIDANCE. AND FOR INFORMATION ON EVERYTHING FROM PATENTING YOUR INVENTION TO GETTING FINANCING, SEND FOR IDEAS INTO DOLLARS--$2.25 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

GS 11. 9/3:

Federal Consumer Focus

AUGUST 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

IDEAS INTO DOLLARS (2:00)

#845

"INVENTORS WANTED--BIG MONEY FOR YOUR IDEAS!"

YOU'VE PROBABLY COME ACROSS ADS LIKE THIS. AND IF YOU'VE ACTUALLY DEVELOPED A DESIGN OR WORKING MODEL OF A NEW PRODUCT, BUT DON'T KNOW HOW TO PROCEED WITH IT, THE ADS CAN BE VERY TEMPTING. DON'T BE TOO HASTY, THOUGH, ABOUT SIGNING A CONTRACT OR AGREEMENT. FIND OUT EXACTLY WHAT'S BEING OFFERED TO YOU, AND BY WHOM. WHILE THERE ARE MANY REPUTABLE INVENTION BROKERS, SOME MAY BE MORE INTERESTED IN COLLECTING LARGE SUMS OF "UP FRONT" MONEY FROM YOU THAN IN ACTUALLY GETTING YOUR NEW PRODUCT ONTO THE MARKET. HERE ARE SOME MORE TIPS FROM THE U.S. SMALL BUSINESS ADMINISTRATION:

MOST OF THE INVENTION BROKERS OR CONSULTANTS WHO CAN ACTUALLY DO SOMETHING FOR YOU WORK ON A CONTINGENCY FEE BASIS. THEY GET A PERCENTAGE OF THE MONEY THE INVENTION MAKES--AND IF THERE ARE NO SALES, THEY GET NOTHING. FOR OBVIOUS REASONS, THEY'RE VERY CAREFUL ABOUT WHAT THEY'LL BACK.

YOU CAN IMPROVE YOUR CHANCES OF INTERESTING ONE OF THESE REPUTABLE BROKERS--OR OF GETTING SOMEONE ELSE TO LEND YOU MONEY, SO YOU CAN PRODUCE AND MARKET THE PRODUCT YOURSELF--IF YOU CAN DEMONSTRATE IN A CLEAR, OBJECTIVE WAY THAT YOUR IDEA IS USEFUL. A NUMBER OF UNIVERSITY RESEARCH CENTERS AROUND THE COUNTRY CAN HELP YOU TEST YOUR PRODUCT OR IDEA FOR FREE OR AT MINIMAL COST. YOUR IDEA MAY ALSO BE ELIGIBLE FOR A GOVERNMENT DEVELOPMENT GRANT. YOUR LOCAL OFFICE OF THE SMALL BUSINESS ADMINISTRATION CAN HELP YOU FIND OUT WHO TO CONTACT.

(MORE)

Ideas into Dollars/Add one

You should also consider all possible ways of financing your idea. If you can get a bank loan, you pay back only a fixed amount, and then all the rest of the profits are yours. But a bank may not be willing to risk money on an unproven idea. If you're willing to share some of your invention's long-term profits, you may have better luck with venture capitalists--people or organizations set up to handle the higher risks associated with new products.

You can find out where to locate venture capitalists, how to patent your idea, and a good deal more in the booklet, Ideas Into Dollars. It's $2.25 from Consumer Focus, Pueblo, Colorado 81009.

Federal Consumer Focus
August 1982

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794

Ideas Into Dollars (:60) #845

It's been said that if you can build a better mousetrap, the world will beat a path to your door. Have you designed that proverbial mousetrap, and now you're wondering what happened to the stampede? Here are some ideas from the U.S. Small Business Administration on getting things moving:

One of the first things you should do is demonstrate that your invention is actually better. A number of university research centers around the country evaluate new product ideas for free or at minimal cost. When you have somebody else's objective, expert evaluation of your idea, you may find it easier to sell.

Are you having trouble just getting the financing to produce a working model? Maybe you've been approaching the wrong people. Bankers, for example, are hesitant about risking their depositors' money on anything that seems too uncertain. Venture capitalists, on the other hand, are set up to take the higher risks associated with new products.

Learn how to locate venture capitalists--plus how to get a patent, and more--in Ideas Into Dollars. The booklet is $2.25 from Consumer Focus, Pueblo, Colorado 81009.

846

Federal Consumer Focus

AUGUST 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

COST OF OWNING AND OPERATING AUTOMOBILES AND VANS (:30) #846

YOU COULD SAVE ALMOST A THOUSAND DOLLARS A YEAR BY BUYING A SUBCOMPACT CAR INSTEAD OF A FULL-SIZED MODEL. ANOTHER WAY TO PUT IT IS A SAVINGS OF EIGHT CENTS A MILE. BUT, YOU SAY, THE DIFFERENCE IN GAS MILEAGE CAN'T BE THAT MUCH. TRUE. BUT THE COST OF OWNING AND OPERATING A CAR MUST ALSO INCLUDE DEPRECIATION, MAINTENANCE AND PARTS, PARKING AND TOLLS, INSURANCE AND TAXES. THE FEDERAL HIGHWAY ADMINISTRATION HAS A BOOK THAT WILL HELP YOU DETERMINE WHAT THE REAL COSTS ARE FOR YOUR CAR AND HOW YOU CAN REDUCE THEM. FOR A FREE COPY OF THE COST OF OWNING AND OPERATING AUTOMOBILES AND VANS, WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

NEWARK PUBLIC LIBRARY

SEP 22 1982

U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

SUBURBAN-BASED OPERATION
TOTAL COSTS: CENTS PER MILE

SIZE	ORIGINAL VEHICLE COST DEPRECIATED	MAINTENANCE, ACCESSORIES, PARTS & TIRES	GAS & OIL (EXCLUDING TAXES)	PARKING & TOLLS	INSURANCE	STATE & FEDERAL TAXES	TOTAL COST
LARGE WITH STANDARD EQUIPMENT, WEIGHT MORE THAN 3,500 LBS. EMPTY	7.7	6.0	7.3	0.8	3.3	1.5	26.6
INTERMEDIATE WEIGHT LESS THAN 3,500 LBS. EMPTY	6.2	5.6	6.6	0.8	3.3	1.3	23.8
COMPACT WEIGHT LESS THAN 3,000 LBS. EMPTY	5.9	5.0	5.3	0.8	3.3	1.1	21.4
SUBCOMPACT WEIGHT LESS THAN 2,500 LBS. EMPTY	4.7	4.8	4.5	0.8	3.1	1.0	18.9
PASSENGER VAN WEIGHT LESS THAN 6,000 LBS. EMPTY	10.7	7.2	8.9	0.8	4.4	1.9	33.8

Based on mid-1981 prices, gasoline at $1.35 a gallon, and a car life of 12 years covering 12,000 miles.

GS 11. 9/3:

Federal Consumer Focus

AUGUST 1982

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794

OCCUPATIONAL OUTLOOK QUARTERLY (:60) #846

WHAT DO CHIMNEY SWEEPS, CERAMIC ENGINEERS, AND VOCATIONAL STUDENTS ALL HAVE IN COMMON? THEY ARE ALL MENTIONED IN STORIES IN A RECENT OCCUPATIONAL OUTLOOK QUARTERLY. CHIMNEY SWEEPS HAVE MADE A COMEBACK WITH THE GROWING USE OF WOOD FOR HOME HEATING. EMPLOYMENT FOR CERAMIC ENGINEERS IS EXPECTED TO GROW BECAUSE OF THE NEED FOR IMPROVED MATERIALS BY MEDICAL SCIENCE AND THE NUCLEAR ENERGY INDUSTRY. AND ONE OF THE MOST IMPORTANT PARTS OF VOCATIONAL EDUCATION IS PLACING THE STUDENT IN A JOB. THE CURRENT EDITION OF THE OCCUPATIONAL OUTLOOK QUARTERLY HAS AN INTERVIEW WITH A CHIMNEY SWEEP, A STORY ABOUT PLACING VOCATIONAL STUDENTS, AND AN ARTICLE CALLED, "THE JOB OUTLOOK IN BRIEF" THAT PROJECTS WHAT IS GOING TO HAPPEN TO 250 OCCUPATIONS OVER THE COURSE OF THE EIGHTIES. THE OCCUPATIONAL OUTLOOK QUARTERLY IS PUBLISHED BY THE BUREAU OF LABOR STATISTICS, AND IT'S USEFUL FOR JOB SEEKERS, EMPLOYMENT PLANNERS, AND COUNSELORS. TO GET YOUR SUBSCRIPTION, SEND $8.00 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009. THAT'S THE OCCUPATIONAL OUTLOOK QUARTERLY, CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus
AUGUST 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

OCCUPATIONAL OUTLOOK QUARTERLY (:30) #846

WHETHER YOU ARE LOOKING FOR A JOB, OR YOU ARE HELPING OTHERS TO FIND JOBS, YOU SHOULD SUBSCRIBE TO THE OCCUPATIONAL OUTLOOK QUARTERLY. IT'S PUBLISHED BY THE BUREAU OF LABOR STATISTICS AND CAN HELP YOU PLAN YOUR CAREER. IT HAS ARTICLES ON WHAT OCCUPATIONS WILL BE IN DEMAND IN THE EIGHTIES, WHAT IS INVOLVED IN CERTAIN JOBS, AND HOW TEACHERS AND COUNSELORS CAN BE MOST HELPFUL. FOR YOUR SUBSCRIPTION TO THE OCCUPATIONAL OUTLOOK QUARTERLY, SEND $8.00 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

OCCUPATIONAL OUTLOOK QUARTERLY (:20)

WHETHER YOU ARE LOOKING FOR A JOB OR HELPING SOMEONE ELSE FIND ONE, THE BUREAU OF LABOR STATISTICS' MAGAZINE, THE OCCUPATIONAL OUTLOOK QUARTERLY, CAN HELP YOU. IT HAS ARTICLES ABOUT THE CAREERS THAT WILL BE IN DEMAND IN THE EIGHTIES AND HOW TO FIND THE BEST ONE FOR YOU. FOR YOUR SUBSCRIPTION TO THE OCCUPATIONAL OUTLOOK QUARTERLY, SEND $8.00 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

August 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

COST OF OWNING AND OPERATING AUTOMOBILES AND VANS (:60) #846

DO YOU KNOW HOW MUCH YOU REALLY SPEND PER MILE TO RUN YOUR CAR? IF YOU JUST FIGURE YOUR GAS MILEAGE, THAT'S NOT ENOUGH. IN FACT GAS ONLY ACCOUNTS FOR ABOUT A THIRD OF YOUR COST.

THE FEDERAL HIGHWAY ADMINISTRATION NOTES THAT WHEN YOU ARE COMING UP WITH THE TOTAL COST, YOU HAVE TO INCLUDE THE ORIGINAL COST OF THE CAR, MAINTENANCE AND PARTS, PARKING AND TOLLS, INSURANCE, AND TAXES. USING MID-1981 DATA, FHA CAME UP WITH COSTS THAT RANGE FROM 18.9 CENTS A MILE FOR A SUBCOMPACT CAR TO 33.2 CENTS A MILE FOR A PASSENGER VAN.

THE COSTS ARE HIGHEST IN THE FIRST YEAR BECAUSE OF THE LARGE AMOUNT OF DEPRECIATION AND THE TITLING TAXES. DEPRECIATION WILL CONTINUE, BUT AT A LOWER RATE, FOR THE LIFE OF THE CAR, WHILE THE COST OF INSURANCE, SCHEDULED MAINTENANCE, AND REGISTRATION, CAN GO UP WHETHER YOU DRIVE THE CAR OR NOT. BUT YOU CAN SAVE MONEY BY DRIVING THE CAR LESS, CARPOOLING, OR BY HAVING A MORE FUEL EFFICIENT CAR.

TO LEARN MORE, SEND FOR A COPY OF COST OF OWNING AND OPERATING AUTOMOBILES AND VANS, FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

847

Federal Consumer Focus

August 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Your Social Security (:30) #847

Social Security covers a lot more than just retirement benefits. Medicare is part of it. So are disability benefits, as well as help for the children--sometimes, even the *parents*--of workers who become disabled, retire, or die. But you can't receive any benefits unless you apply for them. For assistance, contact your local Social Security office. And send for the free booklet, *Your Social Security*. Write Consumer Focus, Pueblo, Colorado 81009.

NEWARK PUBLIC LIBRARY
SEP 22 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

# # # #

Your Social Security (:20)

Retirement checks, disability payments, medical help for the elderly--these are just some of the many kinds of benefits Social Security provides. But in order to receive benefits, you have to apply. Find out what you may be eligible for in *Your Social Security*--free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

GS 11.9/3:

Federal Consumer Focus

August 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Your Social Security (2:00) #847

Some people are eligible for Social Security and don't even know it. For example, when a divorced man dies, his EX-wife can receive survivor's benefits--provided she's at least 60 and the marriage lasted ten years or more. The Social Security Administration wants you to know what you're entitled to.

For retirement benefits, how much you get depends to a large extent on when you stop working. You can retire at age 62, but your benefits will be reduced permanently. Sixty-five is the usual age to retire. And if you can continue to work beyond age 65, it could be to your advantage.

First, you can earn up to a certain annual limit and still draw the same Social Security check as if you were completely retired. Then, if you earn over the limit, each additional dollar you earn causes a reduction of 50 cents in your retirement benefits--so you still come out ahead. What if you make so much in a year that your wages disqualify you for retirement checks? You'll earn the right to higher retirement benefits when you finally do stop working.

By the way, the limit on the amount you can earn before your benefits are reduced applies only to people under 72. When you turn 72 (70 in 1983), your wages have no effect at all on your Social Security checks. No matter how much you earn, if you're 72 or older, you get full retirement benefits.

(MORE)

YOUR SOCIAL SECUIRTY/ADD ONE

DID YOU KNOW THAT SOCIAL SECURITY CAN ALSO HELP PROVIDE FOR YOUR DEPENDENT PARENTS IN THE EVENT OF YOUR DEATH? THERE ARE BENEFITS AS WELL FOR UNMARRIED CHILDREN UNDER 18 OF WORKERS WHO DIE, RETIRE, OR BECOME DISABLED.

SOCIAL SECURITY ALSO INCLUDES MEDICARE, AND OTHER BENEFIT PROGRAMS.

BUT YOU CAN'T GET ANY KIND OF SOCIAL SECURITY BENEFITS UNLESS YOU APPLY. SO IF YOU THINK YOU MAY BE ELIGIBLE FOR BENEFITS, CONTACT WHICHEVER OF THE MORE THAN 1,300 SOCIAL SECURITY OFFICE IS NEAREST YOU. YOU CAN FIND IT IN THE PHONE BOOK UNDER "U.S. GOVERNMENT." AND SEND FOR THE FREE BOOKLET, YOUR SOCIAL SECURITY. WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATON CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

**Federal
Consumer
Focus**

August 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Your Social Security (:60) #847

Some people are eligible for Social Security and don't even know it. For example, when a divorced man dies, his ex-wife can receive survivor's benefits--provided she's at least 60 and the marriage lasted ten years or more. The Social Security Administration wants you to know what you're entitled to.

Did you know that the age when you stop working and start drawing Social Security retirement checks is largely up to you? You can do it as early as age 62, but the amount of your checks will be reduced permanently. On the other hand, you don't necessarily have to stop working at age 65 to start receiving benefits then. The rules are set up to make it worth your while to keep on working as long as you're able.

Find out more about retirement--as well as disability and survivor's benefits, and Medicare--from your local Social Security office. It's in your phone book under "U.S. Government." And send for the free booklet, Your Social Security--from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus
AUGUST 1982

Consumer Information Center
General Services Administration
Washington, DC 20405
(202) 566-1794

#848

YOUR CHILD AND TV (:30)

PART OF HELPING YOUR CHILDREN LEARN FROM TELEVISION IS TO WATCH THE COMMERCIALS WITH THEM. ASK THEM WHAT THEY THINK THE ADS ARE TRYING TO DO. EXPLAIN THAT THE PURPOSE OF COMMERCIALS IS TO SELL PRODUCTS, SO THAT WHAT IS BEING SHOWN MAY BE EXAGGERATED, OR SOME INFORMATION MAY BE LEFT OUT. COMMERCIALS MAY CAUSE PROBLEMS BECAUSE CHILDREN THINK THEY CAN'T HAVE FUN OR BE POPULAR WITHOUT THE NEWEST TOYS. FOR A COPY OF THE DEPARTMENT OF HEALTH AND HUMAN SERVICES BOOKLET, YOUR CHILD AND TV, SEND $2.75 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBLIC LIBRARY
SEP 22 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

YOUR CHILD AND TV (:20)

WHILE YOU ARE HELPING YOUR CHILDREN TO CHOOSE QUALITY TV SHOWS, HELP THEM LEARN TO REALISTICALLY WATCH THE ADS AS WELL. EXPLAIN TO THEM THAT THE PURPOSE OF COMMERCIALS IS TO SELL PRODUCTS, SO THAT WHAT IS BEING SHOWN MAY BE EXAGGERATED, OR SOME INFORMATION MAY BE LEFT OUT. FOR A COPY OF YOUR CHILD AND TV, SEND $2.75 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11 9/2:

Federal Consumer Focus

August 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Your Child and TV (2:15)

#848

Whether or not you and your children get to do a lot of traveling, you can do a lot of learning about the world at home--from television.

TV can be a positive and educational experience, and the Department of Health and Human Service passes along these tips to help you set positive guidelines for television viewing for your kids.

One of the most important things about guiding your children's television experience is to watch with them whenever possible. Find programs that are fun and interesting for the whole family. If a program turns out to be violent or frightening, talk about what you've seen and reassure your children if they are upset.

Point out to children, especially to preschoolers, when something is real and when it is make-believe. Help them distinguish between the fantasy screen character that gets shot and comes back bigger than life, and the real-life effects of guns, car accidents, and other forms of violence. Remind older children of these effects, too.

To help your children get the most out of their TV viewing, urge them to talk about what is happening in a TV story. When anger, jealousy, worry, sadness or happiness is presented in a story, discuss how the experiences are similar to or different from what happens in your home.

You can help children learn from TV by stressing the positive things you see. For example, if caring about others is shown by sharing or "taking turns," encourage your children to find their own ways of sharing at home.

(MORE)

ALSO USE WHAT IS PRESENTED ON TV TO TEACH YOUR CHILDREN ABOUT OTHER RACES, RELIGIONS, AND NATIONALITIES. YOU MAY HAVE TO CLEAR UP MISUNDERSTANDINGS OR PREJUDICES THAT COULD COME FROM WATCHING MISLEADING TV PROGRAMS.

EXPLAIN WHY YOU THINK SOME PROGRAMS ARE BETTER THAN OTHERS. CHILDREN NEED YOU TO HELP THEM BE CRITICAL AND SELECTIVE OF WHAT THEY WATCH. THEY CAN THEN LEARN TO SELECT PROGRAMS FOR THEMSELVES.

BUT, AS A PARENT, YOU SHOULD HAVE THE FINAL SAY ABOUT WHICH PROGRAMS AND HOW MANY YOUR CHILDREN WATCH. THIS ISN'T EASY TO DO. SOME FAMILIES SET SPECIFIC RULES ABOUT TV WATCHING, AND IF CHILDREN KNOW THEY MUST FOLLOW THE FAMILY RULES, THERE ARE LESS LIKELY TO BE PROBLEMS. SOME PARENTS FIND IT HELPS TO PUT UP A CHART WITH THE PROGRAMS THAT CHILDREN MAY WATCH EACH DAY OF THE WEEK. THEY CAN THEN HEAD OFF ARGUMENTS BY REMINDING CHILDREN TO "CHECK THE CHART."

FOR MORE INFORMATION, SEND FOR A COPY OF YOUR CHILD AND TV. IT'S $2.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ____________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

AUGUST 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

YOUR CHILD AND TV (:60) #848

CHILDREN CAN LEARN A LOT, WATCHING TELEVISION--SOME OF IT GOOD AND SOME OF IT NOT SO GOOD. THE DEPARTMENT OF HEALTH AND HUMAN SERVICES SUGGESTS THAT PART OF TEACHING YOUR CHILD TO BE A SELECTIVE VIEWER IS TO HELP THEM UNDERSTAND COMMERCIALS. IF YOU BELIEVE THAT THE ADVERTISED ITEM IS NOT GOOD FOR YOUR CHILDREN, EXPLAIN WHY. ALSO EXPLAIN THAT HAVING THE NEWEST GIZMO DOESN'T ALWAYS GUARANTEE POPULARITY.

CHILDREN NEED TO KNOW THAT THE PURPOSE OF COMMERCIALS IS TO SELL PRODUCTS, SO THAT WHAT IS BEING SHOWN MAY BE EXAGGERATED, OR SOME INFORMATION LEFT OUT.

WATCH OUT FOR SPECIAL EFFECTS LIKE SLOW OR FAST MOTION, CLOSE-UPS AND ANIMATION THAT CAN MAKE A PRODUCT LOOK FASTER, BIGGER, AND MORE EXCITING THAN IT REALLY IS. MAKE A NOTE OF SUCH IMPORTANT PHRASES AS "BATTERIES NOT INCLUDED", "EACH TOY SOLD SEPARATELY," AND "ASSEMBLY REQUIRED." POINT OUT THAT THESE THINGS MAY NOT BE STRESSED AS HEAVILY AS A PRODUCT'S MORE ATTRACTIVE QUALITIES.

TO LEARN MORE, SEND FOR A COPY OF YOUR CHILD AND TV. IT'S $2.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

849

Federal Consumer Focus

AUGUST 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

HEALTH STYLE (:30) #849

DO YOU KNOW HOW TO DO A CHECK-UP ON YOURSELF TO FIND OUT HOW HEALTHY YOU REALLY ARE? HERE ARE SOME QUESTIONS FROM THE DEPARTMENT OF HEALTH AND HUMAN SERVICES TO HELP YOU: DO YOU MAINTAIN YOUR DESIRED WEIGHT? DO YOU EXERCISE VIGOROUSLY FOR 15 TO 30 MINUTES AT LEAST 3 TIMES A WEEK? ARE YOU A NON-SMOKER? IF YOUR ANSWER IS "YES" TO ALL THREE QUESTIONS, YOU'RE PROBABLY IN PRETTY GOOD SHAPE. TO FIND OUT MORE, AND MAYBE FEEL EVEN BETTER, SEND FOR A FREE COPY OF HEALTH STYLE TEST. WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

NEWARK PUBLIC LIBRARY
SEP 22 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

HEALTH STYLE (:20)

TO HELP YOU RATE YOUR TOTAL HEALTH STATUS, THE DEPARTMENT OF HEALTH AND HUMAN SERVICES HAS A TEST YOU CAN TAKE. WHEN YOU'RE FINISHED, IT ALSO HAS SUGGESTIONS ON HOW TO IMPROVE YOUR SCORE. FOR YOUR FREE COPY OF HEALTH STYLE TEST, WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

GS 11. 9/3:

Federal Consumer Focus

August 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Health Style

Supplemental Information

Good health is not a matter of luck or fate. It actually depends on a combination of things--the environment in which you live and work...the physical traits you have inherited...the medical care you receive...and your daily personal habits. All of these work together to affect your health. Many of us rely too much on doctors to keep us healthy, and we often fail to see the importance of actions we can take ourselves to look and feel healthy.

According to the Department of Health and Human Services, as many as seven of the ten leading causes of death in the United States could be reduced through common sense changes in lifestyle.

Here is a brief test from the Department of Health and Human Services to help you identify aspects of your lifestyle that may be harmful to your health. It is not a pass-fail test. Its purpose is simply to tell you how well you are doing to stay healthy. The behaviors covered in the test are recommended for most people. Some of them may not apply to persons with certain chronic diseases or handicaps. Such persons may require special instructions from their physician or other health professional.

The test has six sections. Complete one section at a time by circling the number corresponding to the answer that best describes your behavior. Then add the numbers you have circled to determine your score for that section. The highest score you can get for each section is 10.

A Test for Better Health

Cigarette Smoking

If you never smoke, enter a score of 10 for this section and go to the next section on *Alcohol and Drugs*.

	Almost Always	Sometimes	Almost Never
1. I avoid smoking cigarettes.	2	1	0
2. I smoke only low tar and nicotine cigarettes *or* I smoke a pipe or cigars.	2	1	0

Smoking Score: ________

Alcohol and Drugs

	Almost Always	Sometimes	Almost Never
1. I avoid drinking alcoholic beverages *or* I drink no more than 1 or 2 drinks a day.	4	1	0
2. I avoid using alcohol or other drugs (especially illegal drugs) as a way of handling stressful situations or the problems in my life.	2	1	0
3. I am careful not to drink alcohol when taking certain medicines (for example, medicine for sleeping, pain, colds, and allergies), or when pregnant.	2	1	0
4. I read and follow the label directions when using prescribed and over-the-counter drugs.	2	1	0

Alcohol and Drugs Score: ________

Eating Habits

	Almost Always	Sometimes	Almost Never
1. I eat a variety of foods each day, such as fruits and vegetables, whole grain breads and cereals, lean meats, dairy products, dry peas and beans, and nuts and seeds.	4	1	0
2. I limit the amount of fat, saturated fat, and cholesterol I eat (including fat on meats, eggs, butter, cream, shortenings, and organ meats such as liver).	2	1	0
3. I limit the amount of salt I eat by cooking with only small amounts, not adding salt at the table, and avoiding salty snacks.	2	1	0
4. I avoid eating too much sugar (especially frequent snacks of sticky candy or soft drinks).	2	1	0

Eating Habits Score: __________

Exercise/Fitness

	Almost Always	Sometimes	Almost Never
1. I maintain a desired weight, avoiding overweight and underweight.	3	1	0
2. I do vigorous exercises for 15-30 minutes at least 3 times a week (examples include running, swimming, brisk walking).	3	1	0
3. I do exercises that enhance my muscle tone for 15-30 minutes at least 3 times a week (examples include yoga and calisthenics).	2	1	0
4. I use part of my leisure time participating in individual, family, or team activities that increase my level of fitness (such as gardening, bowling, golf, and baseball).	2	1	0

Exercise/Fitness Score: __________

Stress Control

	Almost Always	Sometimes	Almost Never
1. I have a job or do other work that I enjoy.	2	1	0
2. I find it easy to relax and express my feelings freely.	2	1	0
3. I recognize early, and prepare for, events or situations likely to be stressful for me.	2	1	0
4. I have close friends, relatives, or others whom I can talk to about personal matters and call on for help when needed.	2	1	0
5. I participate in group activities (such as church and community organizations) or hobbies that I enjoy.	2	1	0

Stress Control Score: __________

Safety

	Almost Always	Sometimes	Almost Never
1. I wear a seat belt while riding in a car.	2	1	0
2. I avoid driving while under the influence of alcohol and other drugs.	2	1	0
3. I obey traffic rules and the speed limit when driving.	2	1	0
4. I am careful when using potentially harmful products or substances (such as household cleaners, poisons, and electrical devices).	2	1	0
5. I avoid smoking in bed.	2	1	0

Safety Score: __________

If you scored low in one or more sections of the test, decide what changes you want to make for improvement. You might pick that aspect of your lifestyle where you feel you have the best chance for success and tackle that one first. Once you have improved your score there, go on to other areas. And for some suggestions on how to go about it, send for Health Style Test free from Consumer Focus, Pueblo, Colorado 81009.

Federal Consumer Focus

August 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Health Style (:60) #849

To help you evaluate your total health status, here are some questions from the Department of Health and Human Services to ask yourself: Do you maintain your desired weight? Do you exercise vigorously for 15 to 30 minutes at least 3 times a week? Are you a non-smoker? If your answer is "yes" to all three questions, you're probably in pretty good shape.

Two other questions: Do you have a job or other regular work that you enjoy? Do you find it easy to relax and express your feelings? When you can answer "yes" to both questions, you have gone a long way toward reducing the stress that can interfere with good health.

It's also important to try to have a balanced diet, and limit the amount of alcohol, fat, sugar, and salt you consume.

To find out more about how your fitness stacks up, send for a copy of Health Style Test. It's free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

850-857

NEWARK PUBLIC LIBRARY

OCT 20 1982

U.S. GOVT. PUBS.
DEPOSITORY 376

Federal Consumer Focus

SEPTEMBER 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

#850

LONG DISTANCE SERVICES (:30)

IF YOU ARE THINKING ABOUT USING THE NEW LONG DISTANCE SERVICES, CHECK TO SEE WHAT YOUR AVERAGE LONG DISTANCE COST HAS BEEN. THEN ASK THE COMPANIES HOW MUCH IT WOULD COST TO MAKE YOUR CALLS ON THEIR SYSTEM. IF THE DIFFERENCE BETWEEN THE OLD BILL AND THE NEW SERVICE IS NOT ENOUGH TO COVER ANY NEW FEES, YOU'RE PROBABLY BETTER OFF WITH REGULAR SERVICE. ALSO FIND OUT IF THEY SERVE THE AREAS YOU CALL, WHEN YOU CAN CALL, AND HOW OFTEN THE LINES MIGHT BE BUSY. THAT WAY, SAYS THE FEDERAL COMMUNICATIONS COMMISSION, YOU WILL HAVE THE CONVENIENCE OF LONG DISTANCE SERVICE AT THE BEST PRICE.

# # # #

LONG DISTANCE SERVICES (:20)

IF YOU ARE THINKING ABOUT USING THE NEW LONG DISTANCE SERVICES, SEE WHAT YOUR AVERAGE LONG DISTANCE COSTS HAVE BEEN. THEN ASK THE ALTERNATIVE LONG DISTANCE COMPANIES IF THEY SERVE THE AREAS YOU CALL, WHAT THEIR FEES ARE, AND WHAT THEY WOULD CHARGE FOR YOUR CALLS. IF THE DIFFERENCE BETWEEN YOUR OLD BILLS AND THE NEW SERVICE IS NOT ENOUGH TO COVER THE FEES, YOU'RE BETTER OFF WITH REGULAR LONG DISTANCE.

# # # #

GS 11.9/3:

Federal Consumer Focus

SEPTEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#850

LONG DISTANCE SERVICE (2:00)

TO MAKE A LONG DISTANCE PHONE CALL, YOU USED TO DIAL ZERO, GIVE THE OPERATOR THE NUMBER YOU WANTED AND YOUR NUMBER, AND SHE TOOK CARE OF PUTTING THE CALL THROUGH. NEXT, WE LEARNED HOW TO PLACE THE CALL OURSELVES BY DIALING THE AREA CODE AND THE NUMBER. NOW YOU CAN DIAL A FEW MORE NUMBERS AND PLACE YOUR CALL THROUGH AN ALTERNATE LONG DISTANCE COMPANY.

THESE CALLS MAY BE CHEAPER THAN THE REGULAR TELEPHONE SERVICE. BUT NOT NECESSARILY. HERE ARE SOME QUESTIONS FROM THE FEDERAL COMMUNICATIONS COMMISSION TO HELP YOU DECIDE WHETHER YOU WILL BENEFIT BY SIGNING UP FOR ALTERNATIVE LONG DISTANCE SERVICE.

FIRST OF ALL, WILL YOU SAVE MONEY? TO FIGURE THAT OUT, YOU NEED TO KNOW WHAT YOUR AVERAGE LONG DISTANCE BILL HAS BEEN. NOT JUST LAST MONTH'S BILL, BUT THE AVERAGE MONTHLY COST OF LONG DISTANCE FOR THE PAST THREE TO SIX MONTHS.

THEN CALL SEVERAL COMPETING LONG DISTANCE COMPANIES AND ASK ABOUT FEES. ARE THERE MONTHLY CHARGES? HOW MUCH? ARE THERE ANY EXTRA FEES? WHAT WILL THEY BE? USING ONE OF YOUR ACTUAL PHONE BILLS, FIGURE OUT WHAT THE LONG DISTANCE CHARGES WOULD BE IF YOU HAD USED EACH OF THE DIFFERENT SERVICES. IF THE DIFFERENCE BETWEEN YOUR OLD BILL AND THE NEW SERVICE IS NOT ENOUGH TO COVER THOSE FEES, YOU'RE PROBABLY BETTER OFF WITH REGULAR LONG DISTANCE SERVICE.

(MORE)

LONG DISTANCE SERVICE/ADD ONE

ANOTHER IMPORTANT QUESTION IS: DO YOU HAVE SERVICE TO CITIES I CALL? SINCE MANY OF THE ALTERNATIVE LONG DISTANCE COMPANIES MAKE A LARGE PART OF THEIR MONEY FROM COMMERCIAL CONTRACTS, SOME PRIMARILY SERVE LARGE METROPOLITAN AREAS. OTHERS SERVE MOST PARTS OF THE COUNTRY. TELL THE REPRESENTATIVE WHERE YOU CALL MOST, AND MAKE SURE YOU CAN USE THE SERVICE.

ALSO FIND OUT WHEN YOU CAN USE THE SERVICE. MOST RESIDENTIAL SERVICE IS AVAILABLE AT SPECIAL RATES AT NIGHT AND ON WEEKENDS. ARE THE TIMES CONVENIENT FOR YOU? IF YOU NEED TO CALL DURING THE DAY, WILL YOU HAVE TO USE REGULAR LONG DISTANCE SERVICE? ALSO ASK HOW OFTEN YOU MIGHT EXPECT TO GET A BUSY SIGNAL WHEN YOU TRY TO USE THE SERVICE?

THEN CHECK WITH YOUR FRIENDS TO SEE WHETHER ANY OF THEM ARE USING ALTERNATIVE LONG DISTANCE SERVICE. FIND OUT WHAT THEY THINK OF IT, HOW THE SERVICE HAS BEEN, AND IF THEY HAVE SAVED MONEY. ALSO CHECK WITH THE LOCAL BETTER BUSINESS BUREAU OR CONSUMER OFFICE TO SEE IF THEY HAVE HAD ANY COMPLAINTS.

AND WHEN YOU HAVE DONE ALL OF THAT, YOU WILL HAVE THE DATA TO MAKE A SOUND DECISION. THAT WAY YOU CAN HAVE CONVENIENT LONG DISTANCE CALLS AT THE BEST PRICE.

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ____________________.
(STATION CALL LETTERS)

####

Federal Consumer Focus

SEPTEMBER 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

#850

LONG DISTANCE SERVICE (:60)

THERE'S BEEN A LOT OF ADVERTISING RECENTLY ON THE WAYS TO MAKE LONG DISTANCE CALLS--WAYS THAT WILL SAVE YOU MONEY. BUT WILL THE NEW SERVICES REALLY BE CHEAPER? HERE ARE SOME QUESTIONS FROM THE FEDERAL COMMUNICATIONS COMMISSION TO HELP YOU DECIDE WHETHER YOU WILL BENEFIT BY SIGNING UP.

TO COMPARE THE COSTS, YOU NEED TO KNOW WHAT YOUR AVERAGE LONG DISTANCE BILLS HAVE BEEN. CHECK THREE OR FOUR BILLS.

THEN CALL SEVERAL COMPANIES AND ASK: IS THERE A MONTHLY CHARGE? HOW MUCH? ARE THERE ANY EXTRA FEES? THEN FIGURE OUT WHAT YOUR LONG DISTANCE BILLS WOULD HAVE BEEN IF YOU HAD USED THESE SERVICES. IF THE DIFFERENCE BETWEEN YOUR OLD BILL AND THE NEW SERVICE IS NOT ENOUGH TO COVER THE FEES, YOU'RE BETTER OFF WITH REGULAR LONG DISTANCE SERVICE.

THERE ARE A FEW OTHER QUESTIONS: IS THERE SERVICE TO THE CITIES YOU CALL? WHAT TIME IS SERVICE AVAILABLE? AND HOW OFTEN MIGHT YOU EXPECT TO GET A BUSY SIGNAL WHEN YOU TRY TO USE THE SERVICE?

CHECK WITH FRIENDS, THE BETTER BUSINESS BUREAU, AND THE CONSUMER OFFICE WHERE YOU LIVE FOR REFERENCES.

THEN MAKE YOUR DECISION. THAT WAY, YOU WILL HAVE THE CONVENIENCE OF LONG DISTANCE CALLS AT THE BEST PRICE.

# # # #

Federal Consumer Focus

September 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#851

Earth Sheltered Housing (:30)

Living below ground level doesn't mean you're living in a cave. You could be living in a very energy efficient house with the south side open to the sun to collect the heat, and with skylights and atriums to give the other rooms natural light. There are some problems with building this type of housing, but the U.S. Department of Housing and Urban Development notes that they can be solved with careful planning. To learn how to build a house using natural earth insulation, send for the 140-page manual, Earth Sheltered Housing. It's $5.50 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Earth Sheltered Housing (:20)

Using the earth as natural insulation for your house makes sense. When you put a thermometer eight inches below ground level, the differences between day and night temperatures are virtually eliminated. To learn more about building these houses, send for the U.S. Department of Housing and Urban Development manual, Earth Sheltered Housing. It's $5.50 from Consumer Focus, Colorado 81009.

# # # #

Federal Consumer Focus

SEPTEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#851

EARTH SHELTERED HOUSING (2:00)

FOR MOST PEOPLE WHO ARE BUILDING A HOUSE, THE PURPOSE OF EXCAVATING IS TO PUT IN THE FOUNDATION. BUT, THAT IS CHANGING. NOW PEOPLE ARE BUILDING THEIR HOUSES BELOW GROUND LEVEL TO SAVE ENERGY. THAT DOESN'T MEAN THEY ARE LIVING IN CAVES. EARTH SHELTERED HOUSES GENERALLY HAVE THE SOUTH SIDE OPEN TO THE SUN TO ALLOW FOR NATURAL HEATING OF THE BUILDING DURING THE WINTER. AND MANY OF THEM HAVE GREENHOUSES, SKYLIGHTS AND OTHER TYPES OF WINDOWS TO LET IN LIGHT AND AIR.

WHY COVER THE HOUSE WITH EARTH? WHEN YOU PLACE A THERMOMETER AT A DEPTH OF ONLY EIGHT INCHES BELOW GROUND LEVEL, THE DIFFERENCES BETWEEN DAY AND NIGHT TEMPERATURES ARE VIRTUALLY ELIMINATED. AND IN A CLIMATE WHERE THE MINIMUM TEMPERATURE IN THE WINTER AND THE MAXIMUM TEMPERATURE IN THE SUMMER MAY BE MORE THAN 100 DEGREES APART, THE BELOW GROUND TEMPERATURE MAY VARY LESS THAN 40 DEGREES.

IN ADDITION, AT GREATER DEPTHS, THE SEASONAL CHANGES TEND TO BE SLOWED DOWN. THEREFORE, THE SOIL CARRIES SOME HEAT FROM THE SUMMER INTO THE WINTER AND SOME OF THE CHILL INTO THE SUMMER.

ALL OF THIS, PLUS THE FACT THAT A HOUSE BELOW GRADE IS SLOWER TO COOL IF THE HEAT SHOULD GO OFF, MAKES EARTH SHELTERED HOUSES VERY DESIRABLE FROM AN ENERGY STANDPOINT.

THERE ARE, OF COURSE, SOME DISADVANTAGES. EARTH SHELTERED HOUSES ARE USUALLY MADE OF CONCRETE, AND, BECAUSE OF THE WEIGHT OF THE EARTH, THE SIZE AND SHAPE OF THE ROOMS MAY BE SOMEWHAT LIMITED. WHEN A SUBSTANTIAL PART OF THE WALL AREA IS EARTH COVERED, IT BECOMES MORE DIFFICULT TO GET NATURAL LIGHT AND AN OUTSIDE VIEW. WATERPROOFING IS CRITICAL. AND, IN SOME CASES, CONSTRUCTION TIME CAN BE LONGER THAN FOR CONVENTIONAL HOUSES.

(MORE)

THESE PROBLEMS ARE SOLVABLE. THERE ARE MANY WAYS TO LIGHT AN EARTH SHELTERED HOUSE, SUCH AS SKYLIGHTS, OR AN ATRIUM WITH THE ROOMS SURROUNDING IT, OR LEAVING ONE SIDE OF THE HOUSE--USUALLY THE SOUTH--MOSTLY GLASS. HEAVY SUPPORTING WALLS CAN BE DESIGNED WITH LARGE OPENINGS. AND YOU CAN EASE CONSTRUCTION PROBLEMS WITH CAREFUL PLANNING.

THE OTHER POSSIBLE DIFFICULTIES RELATE TO GETTING BUILDING PERMITS, MEETING BUILDING CODES AND ZONING ORDINANCES, AND GETTING FINANCING. FOR THESE YOU WILL NEED SOME PROFESSIONAL HELP.

YOU CAN FIND SOURCES OF HELP BY SENDING FOR A COPY OF THE BOOK, EARTH SHELTERED HOUSING. IT IS A 140-PAGE MANUAL TO HELP THE PERSON WHO IS INTERESTED IN BUILDING WITH THIS TYPE OF CONSTRUCTION. FOR YOUR COPY OF EARTH SHELTERED HOUSING, SEND $5.50 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

THIS ANNOUNCEMENT WAS BROUGHT TO YOU AS PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ____________________.
(STATION CALL LETTERS)

Federal Consumer Focus

SEPTEMBER 1982

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794

#851

EARTH SHELTERED HOUSING (:60)

FOR MOST PEOPLE WHO ARE BUILDING A HOUSE, THE PURPOSE OF EXCAVATING IS TO PUT IN THE FOUNDATION. BUT NOW PEOPLE ARE BUILDING PART OR ALL OF THEIR HOUSES BELOW GROUND LEVEL TO SAVE ENERGY.

THE U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT NOTES THAT WHEN YOU PLACE A THERMOMETER AT A DEPTH OF ONLY EIGHT INCHES BELOW GROUND LEVEL, THE DIFFERENCES BETWEEN DAY AND NIGHT TEMPERATURES ARE VIRTUALLY ELIMINATED. AND AT A GREATER DEPTH THE TEMPERATURES MAY VARY ONLY SLIGHTLY BETWEEN WINTER AND SUMMER.

THERE ARE, OF COURSE, SOME DISADVANTAGES TO EARTH SHELTERED HOUSING. BECAUSE OF THE WEIGHT OF THE EARTH, THE SIZE AND SHAPE OF THE ROOMS MAY BE SOMEWHAT LIMITED. WHEN A SUBSTANTIAL PART OF THE WALL AREA IS EARTH COVERED, IT BECOMES MORE DIFFICULT TO GET NATURAL LIGHT. AND, IN SOME CASES, CONSTRUCTION TIME CAN BE LONGER THAN FOR CONVENTIONAL HOUSES.

THERE ARE MANY WAYS TO LIGHT AN EARTH SHELTERED HOUSE, SUCH AS SKYLIGHTS, GREENHOUSES, ATRIUMS, OR LEAVING THE SOUTH SIDE OF THE HOUSE MOSTLY GLASS. AND THE OTHER PROBLEMS CAN BE OVERCOME WITH CAREFUL PLANNING.

TO LEARN MORE ABOUT THIS TYPE OF CONSTRUCTION, SEND FOR THE 140-PAGE MANUAL, EARTH SHELTERED HOUSING. IT'S $5.50 FROM CONSUMER FOCUS, PUEBLO COLORADO 81009.

# # # #

Federal Consumer Focus

September 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#852

Your Child and Problem Solving (:30)

Teaching your children how to solve problems is something you can start at an early age. The Department of Health and Human Services notes that with young children it can be something very basic, like how to get their favorite toy out from underneath the couch. The important thing is to have them talk about the problem, and then figure out their own answers. Encourage them to think of different solutions, with no one way being the "only" way. For a copy of Your Child and Problem Solving, send $2.25 to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Your Child and Problem Solving (:20)

When you're teaching your children how to solve problems, the important thing is to have them talk about what they see as the problem, and then to explore what the possible solutions could be. Help children think of different solutions, with no one way being the "only" way. For a copy of the Department of Health and Human Services booklet, Your Child and Problem Solving, send $2.25 to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

SEPTEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#852

YOUR CHILD AND PROBLEM SOLVING (2:00)

TEACHING YOUR CHILDREN HOW TO SOLVE PROBLEMS IS SOMETHING THAT YOU CAN START AT AN EARLY AGE. THE ADMINISTRATION FOR CHILDREN, YOUTH AND FAMILIES NOTES THAT WITH YOUNG CHILDREN IT MIGHT BE SOMETHING VERY BASIC, LIKE HOW TO GET THEIR FAVORITE TOY OUT FROM UNDERNEATH THE COUCH. THE IMPORTANT THING IS TO HAVE THEM TALK ABOUT WHAT THEY SEE AS THE PROBLEM, AND WHAT THE POSSIBLE SOLUTIONS ARE. ENCOURAGE CHILDREN TO THINK OF DIFFERENT SOLUTIONS, WITH NO ONE WAY BEING "RIGHT." THAT WAY THEY LEARN TO BE FLEXIBLE, AND WHEN MORE COMPLICATED PROBLEMS COME ALONG, THEY WILL BE ABLE TO DISCOVER ALTERNATIVES.

GIVE CHILDREN THINGS TO DO THAT HAVE BUILT-IN PROBLEMS. ALL KINDS OF PUZZLES ARE PROBLEM-SOLVING GAMES. RIDDLES, JOKES, MYSTERIES, BRAIN TEASERS AND MAGIC TRICKS ALL MAKE CHILDREN STOP AND THINK. MAKE PROBLEM SOLVING FUN. CHILDREN ENJOY GAMES THAT CHALLENGE THEM TO THINK OF NEW POSSIBILITIES. OLDER CHILDREN MAY WANT TO KEEP SCORE OF HOW MANY DIFFERENT SOLUTIONS THEY CAN FIND TO A PUZZLE OR PROBLEM. FOR INSTANCE: HOW MANY DIFFERENT WAYS CAN YOU USE A SHOE BOX? HOW COULD YOU GET TO A FRIEND'S HOUSE IF YOUR CAR DIDN'T WORK? HOW MANY WAYS CAN YOU HELP SOMEONE NEW AT SCHOOL? HELP YOUR KIDS TO LEARN THAT THERE IS MORE THAN ONE WAY TO SOLVE A PROBLEM--TO BE OPEN TO DIFFERENT ALTERNATIVES.

ANOTHER WAY YOU CAN TEACH YOUR CHILDREN IS TO SHOW THEM HOW YOU SOLVE YOUR PROBLEMS. LEARNING THAT ADULTS HAVE REASONS FOR WHAT THEY DO HELPS CHILDREN TO THINK REASONABLY.

(MORE)

YOUR CHILD AND PROBLEM SOLVING/ADD ONE

DO YOUR THINKING ALOUD WHILE YOU'RE FIXING SOMETHING. IF YOUR YOUNGSTER IS AROUND WHILE YOU'RE FIXING THAT LEAKY FAUCET, TAKE THE TIME TO EXPLAIN HOW YOU DECIDE WHAT TO TRY.

AND WHEN THE HUMAN THING HAPPENS AND YOU MAKE A MISTAKE, SHOW YOUR CHILDREN WHAT GOOD PROBLEM SOLVERS DO: THEY TRY A DIFFERENT WAY OR SEEK MORE INFORMATION ABOUT THE PROBLEM; THEY DON'T GIVE UP UNTIL THEY HAVE TRIED MANY SOLUTIONS; AND THEY ASK FOR HELP WHEN THEY NEED IT. IT'S IMPORTANT FOR CHILDREN TO SEE THAT EFFORTS THAT DON'T WORK AREN'T NECESSARILY FAILURES.

FOR A COPY OF THE DEPARTMENT OF HEALTH AND HUMAN SERVICES BOOKLET, YOUR CHILD AND PROBLEM SOLVING, SEND $2.25 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICE ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

####

Federal Consumer Focus

SEPTEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#852

YOUR CHILD AND PROBLEM SOLVING (:60)

TEACHING YOUR CHILDREN HOW TO SOLVE PROBLEMS IS SOMETHING THAT YOU CAN START AT AN EARLY AGE. WITH YOUNG CHILDREN IT CAN BE SOMETHING VERY BASIC, LIKE HOW TO GET THEIR FAVORITE TOY OUT FROM UNDERNEATH THE COUCH. THE IMPORTANT THING IS TO HAVE THEM TALK ABOUT WHAT THEY SEE AS THE PROBLEM, AND WHAT THE POSSIBLE SOLUTIONS ARE. ENCOURAGE CHILDREN TO THINK OF DIFFERENT SOLUTIONS, WITH NO ONE WAY BEING THE "ONLY" WAY. THAT WAY THEY LEARN TO BE FLEXIBLE, AND WHEN MORE COMPLICATED PROBLEMS COME ALONG, THEY WILL BE ABLE TO DISCOVER ALTERNATIVES.

ANOTHER WAY YOU CAN TEACH YOUR CHILDREN IS TO SHOW THEM HOW YOU SOLVE YOUR PROBLEMS. LEARNING THAT ADULTS HAVE REASONS FOR WHAT THEY DO HELPS CHILDREN TO THINK LOGICALLY. DO YOUR THINKING ALOUD WHILE YOU'RE FIXING SOMETHING. IF YOUR YOUNGSTER IS AROUND WHILE YOU'RE FIXING THAT LEAKY FAUCET, TAKE THE TIME TO EXPLAIN HOW YOU DECIDE WHAT TO TRY.

FOR A COPY OF THE DEPARTMENT OF HEALTH AND HUMAN SERVICES BOOKLET, YOUR CHILD AND PROBLEM SOLVING, SEND $2.25 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

September 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#853

Alice in Debitland (:30)

If someone runs up charges on your lost or stolen credit card, you're only responsible for a maximum of $50. But if someone uses the card that operates your bank's automatic money machine, you could be liable for up to $500.

To learn more about electronic banking and how to protect yourself, send for the Federal Reserve Board's booklet Alice in Debitland. It's free from Consumer Focus, Dept. 588K, Pueblo, Colorado 81009.

# # # #

Consumer Credit Handbook (:30)

If you have credit cards or charge accounts, check how creditors bill you for interest. Many charge no interest at all if you pay in full before a certain date.

And, see if your creditor gives you credit for all payments made during the billing period. If not, you could be paying extra dollars each month for finance charges.

For more tips on credit, get a copy of the Federal Reserve Board's booklet Consumer Credit Handbook. It's free from Consumer Focus, Dept. 587, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

SEPTEMBER 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

#853

Whole House Fans

Supplemental Information

It's easy to spend $400 to buy a medium-sized room air conditioner, and $50 over a summer to run even a high efficiency model at typical electricity rates. The result would be one cool, comfortable room.

Compare these figures with those for a whole house fan. A good 36-inch model costs about $200, and running it for the summer season would probably cost about $40. A whole house fan can keep a house, not just a single room, cool for much of the summer without costing a fortune.

Researchers at the National Bureau of Standards report that a person can be somewhat comfortable at 85 degrees and a relative humidity of 50 percent, provided the person is not engaged in physical activity and has the benefit of a breeze of 200 feet per minute. So, when the weather is not too hot, whole house fans may be used as an alternative to air conditioning.

Whole house fan cooling has been around for a long time, but has become a subject of renewed interest because of its energy saving potential.

Located in the attic, whole house fans ventilate the house by pulling air through open windows and circulating this air through the house. The air is drawn into the attic through a louvered ceiling opening, door, or stairwell and is discharged from attic vents. The flow of cooler air along the ceiling and in the attic reduces ceiling temperatures, a cause of discomfort.

Whole house fans work best in the cool of evening, when the outside temperature is lower than the inside. Opening the windows would cool the house off by itself--but not very fast. The outdoor temperature might drop from 85 to 75 degrees in two hours, but the still air in an ordinary house would take about twice as long to cool off those ten degrees. But with a whole house fan of the right capacity, the air indoors would be replaced with outdoor air every minute or two. So, rooms inside would cool off almost as fast as the outdoors.

The next day, when the temperature outside rises to above 85 degrees, air conditioning should be used if it is available. But because the whole house fan has kept the house from becoming too hot, less energy will be required to maintain comfortable conditions.

To keep the house at a more even temperature, you can buy a thermostatically controlled switch which turns the fan on and off when temperatures reach certain levels. Or you can buy a fan with a variable-speed control which can be run at top speed for maximum cooling and then turned down to a lower level.

Another possibility is buying a timer to turn the fan on every evening when temperatures outside begin to drop. It is important to select the right size fan for your house. To determine the proper fan capacity for your home, calculate the volume of space (in cubic feet) to be ventilated. Multiply length times width times height of each room, hallway, and stairwell to be ventilated. Don't include closets, storage rooms, or the attic itself. In particularly warm climates, the volume of the house should closely match the fan's capacity as measured in cubic feet of air per minute. Where summer temperatures are not extreme, divide the house volume by two to determine proper fan capacity. Note that manufacturer's ratings are based upon a fan's performance when nothing blocks the air flow. Since there will be things in your house blocking air flow, such as people and furniture, you may want to choose a fan with slightly larger capacity than you need.

Although whole house fans don't cost nearly as much as air conditioning to operate, they are fairly expensive to install. While self-installation is possible, the services of a carpenter and an electrician are usually needed.

No matter how you install a fan, two openings will be required--one between the living space and the attic, and a second between the attic and outdoors. Normally, these will be cut, framed and shuttered. Ceiling shutters help prevent unwanted air circulation when the fan is off. The shutters on the outside will keep out rain and snow. The typical shutter is "automatic"; that is, the louvers open from the force of air moved by the fan and fall shut when the fan goes off.

The fan can be mounted in the ceiling, wall, or in an existing attic window. A wall installation is generally quieter than a ceiling mount, but might require a slightly more powerful fan if your attic is not air tight. Wherever the fan goes, a separate electrical circuit may be required to accommodate the added load.

Whole house fans do have some liabilities. An air conditioner dehumidifies air; a fan doesn't. In order for a fan to cool the house, the outside temperature must be lower than the inside temperature. While a fan might be adequate in the cooler temperatures of evening, it will not provide much relief in the middle of the day. So, whole house fans are not for those who want a closely controlled, comfortable environment at all times. Whole house fans do make some noise. When using a whole house fan, the windows must be left open, which causes reduced security. There is an increased fire risk because the breeze of a whole house fan could spread fire more quickly. Finally, for allergy sufferers, dust and pollen are brought into the house along with the air.

On balance, a whole house fan isn't a substitute for air conditioning, nor is it as cheap as one might first suppose. However, it does have enough advantages to make it a reasonable cooling alternative in some locations.

Federal Consumer Focus

SEPTEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#853

WHOLE HOUSE FANS (:60)

THERE ARE MANY PARTS OF THE COUNTRY WHERE YOU CAN KEEP COMFORTABLE AND CUT YOUR ENERGY COSTS BY INSTALLING A WHOLE HOUSE FAN.

THESE ARE LARGE FANS PLACED IN THE ATTIC THAT BRING IN COOL EVENING AIR THROUGH OPEN WINDOWS ON THE FIRST FLOOR AND EXPEL HOT AIR OUT THROUGH THE ATTIC. THEY ARE RELATIVELY INEXPENSIVE TO BUY AND INSTALL IN COMPARISON TO WHOLE HOUSE AIR CONDITIONERS. AND THEY COST CONSIDERABLY LESS TO RUN.

THEY WORK BEST IN THE EVENING. AT THAT TIME OF DAY THEY CAN COOL OFF THE HOUSE AS FAST AS THE OUTSIDE AIR TEMPERATURE DROPS. AND THE BREEZE THEY CREATE WILL MAKE YOU FEEL COMFORTABLE EVEN AT TEMPERATURES AS HIGH AS 85, ACCORDING TO A STUDY DONE BY THE NATIONAL BUREAU OF STANDARDS.

THERE ARE A COUPLE OF DISADVANTAGES. THEY ARE NOT EFFECTIVE WHEN THE OUTSIDE TEMPERATURES ARE HIGHER THAN THOSE INSIDE. THEY DON'T DEHUMIDIFY THE AIR OR FILTER IT THE WAY AN AIR CONDITIONER DOES. AND BECAUSE YOU MUST LEAVE WINDOWS OPEN, SECURITY IS MORE OF A PROBLEM.

BUT, WHILE A WHOLE HOUSE FAN IS NOT A SUBSTITUTE FOR AIR CONDITIONING, ON BALANCE IT DOES HAVE ENOUGH ADVANTAGES TO MAKE IT A REASONABLE COOLING ALTERNATIVE WHERE SUMMER TEMPERATURES ARE MODERATE.

# # # #

Federal Consumer Focus

September 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#854

Weight Loss (:30)

Every time you turn around, it seems another new gimmicky diet is being promoted: low carbohydrate, low protein, only rice, only fruit, whatever. But, according to the Food and Drug Administration, staying on some of these diets for a long period of time can be harmful to your health. This is because you may not be losing fat, but rather water or lean body mass.

For a free copy of Weight Loss, write to Consumer Focus, Pueblo, Colorado 81009

# # # #

Weight Loss (:20)

The Food and Drug Administration cautions you to avoid the Cambridge Diet, a low protein 330-calorie-a-day plan in which a powder is mixed with liquid. The FDA is currently investigating several severe illnesses associated with the Cambridge Diet. For more information, send for a free copy of Weight Loss. Write Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

September 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#854

Weight Loss (1:30)

Every time you turn around, it seems another new gimmicky diet is being promoted. As long as you stick to the regimen prescribed, whether it be low carbohydrate, low protein, only rice or only fruit, you may lose weight.

However, according to the Food and Drug Administration, staying on some of these diets for a long period of time can be harmful to your health. This is because you may not be losing fat, but instead water or lean body mass. And when the loss comes from lean body mass, this can affect muscles and major organs such as the liver, heart, and kidneys.

For example, low carbohydrate diets throw the body into ketosis--a process that occurs when fat deposits are broken down for energy faster than the body can use them. Your body eliminates these deposits along with large amounts of water, and you consequently need to take in a lot of fluids to avoid dehydration. Because most of the loss is water, not body fat, many dieters find that much of the weight loss from this type of diet is regained soon after normal eating is resumed.

Another diet to watch out for is the Cambridge Diet, a 330-calorie-a-day plan in which a powder is mixed with liquid. In this product, less than 50 percent of the calories come from protein. The FDA is currently investigating several acute illnesses requiring hospitalizations associated with the Cambridge Diet.

(MORE)

WEIGHT LOSS/ADD ONE

FOR INFORMATION ON THIS AND OTHER POPULAR DIETS, WHAT THEY ARE AND HOW THEY AFFECT YOUR BODY, SEND FOR A FREE REPRINT FROM THE FDA CONSUMER MAGAZINE ENTITLED WEIGHT LOSS. JUST WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS ANNOUCEMENT WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICE ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

Federal Consumer Focus

Consumer Information Center
General Services Administration
Washington, DC 20405
(202) 566-1794

September 1982

#854

Weight Loss (:60)

Every time you turn around, it seems another new gimmicky diet is being promoted. As long as you stick to the regimen prescribed--whether it be low carbohydrate or low protein--you may lose weight.

However, according to the Food and Drug Administration, staying on some of these diets for a long period of time can be harmful to your health. This is because you may NOT be losing fat, but rather water or lean body mass. For example, low carbohydrate diets throw the body into ketosis--a process that occurs when fat deposits are broken down for energy faster than the body can use them. Since the excess ketones this creates must be excreted in the urine, low carbohydrate diets cause you to get rid of large amounts of water. This means you've got to have a large intake of fluid to make sure the body has enough fluid to rid itself of the ketones and to keep from becoming dangerously dehydrated. Because most of the loss is water, not body fat, many dieters find that much of the weight loss from this type of diet is regained soon after normal eating is resumed.

For a free copy of Weight Loss, just write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

September 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#855

Do you speak Credit (:30)

"Default in the payment of any installment of the principal balance or charges hereof or any part of either shall, at the option of the holder hereof, render the entire principal balance hereof and accrued charges thereon, at once due and payable." That clause could mean that if you miss a payment, you have to repay the whole loan immediately. There are many clauses like that in standard credit contracts. So the Federal Trade Commission warns you to read all of the contract and get help if you don't understand it. For more information send $2.75 for Do You Speak Credit to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Do You Speak Credit (:20)

Credit Contracts often include standard clauses that appear to be in a foreign language. But they could cost you money, warns the Federal Trade Commission. So do what you would do with a foreign language--get an interpreter. Ask someone who understands legalese to help you figure out what you're signing. And for more help, send $2.75 for a copy of Do You Speak Credit to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

September 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Do You Speak Credit (2:00)

#855

"Each of us hereby both individually and severally waives any or all benefit or relief from homestead exemption and all other exemptions or moratoriums to which the signers or any of them may be entitled under the laws of this or any other state, now in force or hereafter to be passed, as against this debt or any renewal thereof."

Understand?

You probably should. That's a clause that could be in a standard loan contract that you may have signed. And if it is, warns the Federal Trade Commission, you may have signed away the right to keep even the personal belongings the state law would allow if you don't keep up your payments.

There are many standard provisions in credit contracts. If you're like most people you probably just read the parts that are typed in, because those are the parts that seem to relate to you. But you're agreeing to the small print as well, even though it may be written in what sounds like a foreign language. One commonly used clause says that if you don't pay and the creditors sue you, you agree in advance that they win, even though you may have a good reason for not paying. Another says that if you don't pay, they can deduct the money from your salary, and you won't argue. In fact, you might even agree to pay the creditor's lawyer's fee and court costs.

Be equally careful if you're a cosigner on a loan. For instance, one clause says that if the person who borrowed the money doesn't pay, the creditor can collect from you as cosigner without trying to collect from the original borrower. And the creditor doesn't even have to warn you in advance that the payments are in arrears.

(MORE)

Do You Speak Credit/Add One

Another clause says that if someone you have cosigned for finances any other purchases with the same creditor in the next two years--up to $5,000, you automatically become the cosigner on those contracts and guarantee payment on those purchases too.

What this all means is that you should read every word of any contract you sign. If there are any words or phrases in the contracts you don't understand, get someone you trust to help explain it to you. If there is no one you can ask, check with a lawyer. The cost of that visit might save you a great deal of money in the long run.

For a plain language explanation of some commonly used credit clauses, send for a copy of the booklet, Do You Speak Credit. It's $2.75 from Consumer Focus, Pueblo, Colorado 81009.

This annoucement was brought to you as a public service by the Consumer Information Center of the General Service Administration and by this Station ____________________.
(Station call letters)

####

Federal Consumer Focus

September 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#855

Do You Speak Credit (:60)

"The Creditor may retain the goods as its property or may sell or otherwise dispose of the item pursuant to the (State) Uniform Commercial Code, whereupon Debtor shall be liable for and shall pay any deficiency on demand."

Understand?

You should.

That clause could be in a standard contract like the one you might sign to finance a new television. The Federal Trade Commission warns that what that clause means is that if the set is repossessed, you agree to pay the difference between what the creditor can get for the set and what you still owe. So you could end up with no TV and still owe money.

There are many standard provisions in credit contracts. And you need to read and understand all of them, even though they may seem to be in a foreign language.

For instance, you may be signing something that says you agree in advance that the creditor wins if they take you to court for not paying, even if you have a good reason for not paying. Another clause says that if you don't keep up payments, the money can be deducted from your salary, and you won't argue.

To learn more, send for the book, Do You Speak Credit. It's $2.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal
Consumer
Focus

September 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#856

Let's Cook Fish (:30)

If you're getting ready to buy fresh fish for dinner, here are some shopping tips from the Department of Commerce scaled to be helpful:

The skin of the fish should be shiny with unfaded colors, and the flesh should be firm. This means the fish is fresh and has been handled carefully. The odor should be mild. A fish just taken from the water has practically no "fish" odor. For a copy of *Let's Cook Fish*, send $3.25 to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Let's Cook Fish (:20)

When you're shopping for fresh fish, the Department of Commerce reminds you that the odor should be fresh and mild. A fish just taken from the water has practically no "fish" odor. After you've bought the fish, be sure to refrigerate it immediately. Don't keep it in the refrigerator longer than a day or two before cooking. For a copy of *Let's Cook Fish*, send $3.25 to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

SEPTEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

LET'S COOK FISH (2:00)

#856

WHEN YOU WERE GROWING UP, YOUR MOTHER MAY HAVE TOLD YOU FISH WAS BRAIN FOOD, AND YOU'VE PROBABLY LEARNED BY NOW IT'S ALSO DELICIOUS AND LOW IN CALORIES. BUT IT TAKES A SMART SHOPPER TO SELECT AND PREPARE FISH PROPERLY. HERE ARE SOME TIPS FROM THE DEPARTMENT OF COMMERCE SCALED TO BE HELPFUL.

YOU'LL HAVE A MUCH WIDER SELECTION IF YOU SHOP AT A FISH MARKET OR A SUPERMARKET WITH A FRESH FISH SECTION. HERE ARE CHARACTERISTICS TO LOOK FOR WHEN YOU'RE SHOPPING FOR ANY KIND OF FRESH FISH:

THE SKIN SHOULD BE SHINY WITH UNFADED COLORS, AND THE FLESH SHOULD BE FIRM. THIS MEANS THE FISH IS FRESH AND HAS BEEN HANDLED CAREFULLY.

THE ODOR SHOULD BE FRESH AND MILD. A FISH JUST TAKEN FROM THE WATER HAS PRACTICALLY NO "FISH" ODOR. THE EYES OF FRESH FISH ARE BRIGHT AND TRANSPARENT, AND OFTEN PROTRUDE. BUT AS FRESHNESS FADES, THE EYES CLOUD AND TEND TO BECOME SUNKEN.

TO GET THE FRESHEST FILLETS AND STEAKS, SELECT THE WHOLE FISH AND THEN HAVE IT CUT OR CUT IT YOURSELF INTO THE PORTIONS YOU WANT. PRE-CUT PORTIONS SHOULD STILL BE FIRM IN TEXTURE WITHOUT TRACES OF BROWNING OR DRYING AROUND THE EDGES.

AFTER YOU'VE BOUGHT THE FISH, BE SURE TO REFRIGERATE IT IMMEDIATELY. DON'T KEEP IT IN THE REFRIGERATOR LONGER THAN A DAY OR TWO BEFORE COOKING.

(MORE)

LET'S COOK FISH/ADD ONE

IF THERE'S SOMEONE IN YOUR FAMILY WHO LIKES TO FISH, YOU MAY OCCASIONALLY HAVE MORE FISH THAN YOU CAN USE IMMEDIATELY. ONCE THE FISH IS CLEANED AND CUT-UP THE WAY YOU WANT IT, WRAP IT TIGHTLY IN MOISTURE AND VAPOR-PROOF WRAPPING ESPECIALLY MADE FOR THE FREEZER. TAPE IT TIGHTLY CLOSED, MARK THE DATE ON THE PACKAGE, AND FREEZE AT 0 DEGREES FAHRENHEIT OR LOWER. YOU CAN STORE FISH WRAPPED THIS WAY FROM TWO TO SIX MONTHS DEPENDING ON ITS FAT CONTENT.

FOR MORE ON HOW TO SELECT AND COOK FISH, AND FOR MANY RECIPES TO TEMPT YOU, SEND FOR A COPY OF THE 54-PAGE, COLORFULLY ILLUSTRATED LET'S COOK FISH. IT'S $3.25, FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION_______________________.
(STATION CALL LETTERS)

Federal Consumer Focus

SEPTEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#856

LET'S COOK FISH (:60)

WHEN YOU WERE GROWING UP, YOUR MOTHER MAY HAVE TOLD YOU FISH WAS BRAIN FOOD. AND, YOU'VE PROBABLY LEARNED BY NOW IT'S ALSO DELICIOUS AND LOW IN CALORIES. BUT IT TAKES A SMART SHOPPER TO SELECT AND PREPARE FISH PROPERLY. HERE ARE SOME TIPS FROM THE DEPARTMENT OF COMMERCE SCALED TO BE HELPFUL.

WHEN YOU'RE SHOPPING FOR ANY KIND OF FRESH FISH, HERE ARE THE CHARACTERISTICS TO LOOK FOR:

THE SKIN SHOULD BE SHINY WITH UNFADED COLORS, AND THE FLESH SHOULD BE FIRM. THIS MEANS THE FISH IS FRESH AND HAS BEEN HANDLED CAREFULLY.

THE ODOR SHOULD BE FRESH AND MILD. A FISH JUST TAKEN FROM THE WATER HAS PRACTICALLY NO "FISH" ODOR.

THE EYES OF FRESH FISH ARE BRIGHT AND TRANSPARENT AND OFTEN PROTRUDE. BUT AS FRESHNESS FADES, THE EYES TEND TO CLOUD AND BECOME SUNKEN. AFTER YOU'VE BOUGHT THE FISH, BE SURE TO REFRIGERATE IT IMMEDIATELY. DON'T KEEP IT IN THE REFRIGERATOR LONGER THAN A DAY OR TWO BEFORE COOKING.

FOR MORE ON HOW TO SELECT AND COOK FISH, SEND FOR THE 54-PAGE ILLUSTRATED BOOKLET, LET'S COOK FISH. IT'S $3.25 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

September 1982

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794
#857

What's in Your Medicine Chest (:30)

If you keep medicine in your medicine chest, you could be courting an accident warns the Food and Drug Administration. Since bathroom medicine cabinets are usually right over the sink, they're accessible to young children. To protect your kids, keep medicines on a high shelf in a hall or bedroom closet or in a locked box. Even if there are no kids in your household, the medicine chest is not a good place for drugs--since the warm, moist atmosphere of the bathroom can cause some drugs to deteriorate. For a free copy of What's in Your Medicine Chest, write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Medicine Chest (:20)

The Food and Drug Administration reminds you not to overstock drugs. Some drug products lose potency on the shelf over time, especially after they are opened. Other drugs change in consistency. Ideally, supplies in the medicine chest should be bought to last no more than 6 to 12 months. For a free copy of What's in Your Medicine Chest, write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

SEPTEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#857

WHAT'S IN YOUR MEDICINE CHEST (2:00)

IF YOU KEEP MEDICINE IN YOUR MEDICINE CHEST, YOU COULD BE COURTING AN ACCIDENT WARNS THE FOOD AND DRUG ADMINISTRATION. SINCE BATHROOM MEDICINE CABINETS ARE USUALLY RIGHT OVER THE SINK, THEY'RE ACCESSIBLE TO YOUNG CHILDREN. TO PROTECT YOUR KIDS, KEEP MEDICINES ON A HIGH SHELF IN A HALL OR BEDROOM CLOSET OR IN A LOCKED BOX.

EVEN IF THERE ARE NO KIDS IN YOUR HOUSEHOLD, THE MEDICINE CHEST IS NOT A GOOD PLACE FOR DRUGS SINCE THE WARM, MOIST ATMOSPHERE OF THE BATHROOM CAN CAUSE SOME DRUGS TO DETERIORATE. IDEALLY, BOTH PRESCRIPTION AND NON-PRESCRIPTION DRUGS SHOULD BE KEPT IN A COOL, DRY PLACE.

WHAT SHOULD BE KEPT IN THE MEDICINE CHEST WILL DEPEND ON THE MAKEUP OF THE FAMILY. HERE'S AN IDEA OF WHAT YOU WOULD WANT TO KEEP ON HAND IF THERE ARE YOUNG CHILDREN IN THE FAMILY: BABY ASPIRIN, ANTI-BACTERIAL TOPICAL OINTMENTS, AND MEDICINE TO TREAT THE SYMPTOMS OF DIARRHEA. SYRUP OF IPECAC TO INDUCE VOMITING AND ACTIVATED CHARCOAL ARE IMPORTANT FOR EMERGENCY TREATMENT FOR SOME ACCIDENTAL POISONINGS.

NO MATTER WHAT THE AGE OF YOUR FAMILY, AVOID OVERSTOCKING DRUGS. SOME DRUG PRODUCTS LOSE POTENCY ON THE SHELF OVER TIME, ESPECIALLY AFTER THEY ARE OPENED. OTHER DRUGS CHANGE IN CONSISTENCY. IDEALLY, SUPPLIES IN THE MEDICINE CHEST SHOULD BE BOUGHT TO LAST OVER A PERIOD OF NO MORE THAN 6 TO 12 MONTHS.

BE SURE TO REVIEW THE CONTENTS OF YOUR MEDICINE CHEST EVERY 6 MONTHS AND DISCARD OLD SUPPLIES. ALSO BE SURE THAT ANY NEW PRESCRIPTIONS YOU GET ARE CLEARLY DATED.

(MORE)

WHAT'S IN YOUR MEDICINE CHEST/ADD ONE

TABLETS THAT HAVE BECOME CRUMBLY, MEDICINES THAT HAVE CHANGED COLOR, ODOR, OR CONSISTENCY, OR ARE OUTDATED SHOULD BE DESTROYED. EMPTY THE BOTTLE OF MEDICINE INTO THE TOILET, FLUSH IT DOWN AND RINSE OUT THE BOTTLE. DON'T PUT LEFTOVER DRUGS IN THE TRASH BASKET WHERE THEY CAN BE DUG OUT BY INQUISITIVE YOUNGSTERS. NEWLY PURCHASED DRUGS THAT DON'T LOOK RIGHT SHOULD BE RETURNED TO THE PHARMACY. DRUG PRODUCTS THAT HAVE LOST THEIR LABELS ALSO SHOULD BE DESTROYED.

AND, AS A FINAL SAFETY PRECAUTION, ALWAYS KEEP THE TELEPHONE NUMBER OF THE LOCAL POISON CONTROL CENTER, DOCTOR, HOSPITAL, RESCUE SQUAD, FIRE AND POLICE DEPARTMENTS NEAR EVERY PHONE IN THE HOUSE. AND TAPE THE EMERGENCY PHONE LIST INSIDE THE BATHROOM MEDICINE CABINET DOOR AND WHEREVER YOU KEEP EMERGENCY SUPPLIES.

FOR MORE INFORMATION, SEND FOR WHAT'S IN YOUR MEDICINE CHEST. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION________________________.
(STATION CALL LETTERS)

Federal Consumer Focus
SEPTEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#857

WHAT'S IN YOUR MEDICINE CHEST (:60)

IF YOU KEEP MEDICINE IN YOUR MEDICINE CHEST, YOU COULD BE COURTING AN ACCIDENT WARNS THE FOOD AND DRUG ADMINISTRATION. SINCE BATHROOM MEDICINE CABINETS ARE USUALLY RIGHT OVER THE SINK, THEY'RE ACCESSIBLE TO YOUNG CHILDREN. TO PROTECT YOUR KIDS, KEEP MEDICINES ON A HIGH SHELF IN A HALL OR BEDROOM CLOSET OR IN A LOCKED BOX.

EVEN IF THERE ARE NO KIDS IN YOUR HOUSEHOLD, THE MEDICINE CHEST IS NOT A GOOD PLACE FOR DRUGS--SINCE THE WARM, MOIST ATMOSPHERE OF THE BATHROOM CAN CAUSE SOME DRUGS TO DETERIORATE. IDEALLY, BOTH PRESCRIPTION AND NON-PRESCRIPTION DRUGS SHOULD BE KEPT IN A COOL, DRY PLACE.

IN ADDITION TO WHERE YOU KEEP DRUGS, HOW LONG YOU KEEP THEM IS ALSO IMPORTANT. SOME DRUG PRODUCTS LOSE POTENCY ON THE SHELF OVER TIME, ESPECIALLY AFTER THEY ARE OPENED. OTHERS CHANGE IN CONSISTENCY. SUPPLIES IN THE MEDICINE CHEST SHOULD BE BOUGHT TO LAST NO MORE THAN 6 TO 12 MONTHS. CHECK THE CONTENTS OF YOUR MEDICINE CHEST AT LEAST ANNUALLY FOR OUT-OF-DATE DRUGS. FOR MORE INFORMATION, SEND FOR A COPY OF WHAT'S IN YOUR MEDICINE CHEST. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal
Consumer
Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

KEROSENE HEATER SAFETY (:60) #858

IF YOU HAVE BEEN THINKING ABOUT BUYING A NEW KEROSENE SPACE HEATER, HERE ARE SOME TIPS FROM THE FEDERAL EMERGENCY MANAGEMENT AGENCY TO MAKE SURE YOU ARE BOTH WARM AND SAFE:

WHEN YOU ARE SHOPPING FOR A KEROSENE HEATER, MAKE SURE YOU BUY ONE THAT HAS A UL LABEL. THAT MEANS THAT THE HEATER HAS PASSED MANY SAFETY TESTS.

ALSO, BEFORE YOU BUY, MAKE SURE THAT KEROSENE HEATERS ARE LEGAL IN YOUR TOWN. THEY ARE BANNED IN CERTAIN AREAS, AND TO HAVE ONE COULD CANCEL YOUR FIRE INSURANCE PROTECTION.

ALSO CHECK TO SEE WHETHER THE PROPER FUEL IS AVAILABLE. YOU SHOULD ONLY USE NUMBER 1-K KEROSENE IN THESE HEATERS. ANYTHING ELSE COULD INCREASE THE AMOUNT OF CARBON MONOXIDE AND SULFUR BY AS MUCH AS TEN TIMES. AND CARBON MONOXIDE IS DEADLY.

WHEN YOU DO HAVE THE HEATER, PLACE IT OUT OF TRAFFIC PATTERNS AND AT LEAST THREE FEET FROM WALLS AND ANYTHING THAT WILL BURN. OPEN A WINDOW SLIGHTLY WHEN THE HEATER IS GOING TO PROVIDE FRESH AIR.

FOR REFILLING, MAKE SURE THE HEATER IS COOL AND THAT YOU REFILL IT AWAY FROM THE HOUSE. THAT'S ALSO WHERE YOU SHOULD BE STORING YOUR KEROSENE SO THERE'S NO CHANCE OF A FIRE.

IF YOU HAVE ANY QUESTIONS ABOUT THE SAFETY OF ANY KIND OF SPACE HEATER, YOU CAN CALL THE CONSUMER PRODUCT SAFETY COMMISSION TOLL FREE AT (800) 638-8326 (IN MARYLAND, CALL (800) 492-8363; IN ALASKA, HAWAII, PUERTO RICO, AND THE VIRGIN ISLANDS, CALL (800) 638-8333).

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Kerosene Heater Safety (2:30) #858

Although the cost of oil has dropped in the last year, many people, particularly those who heat with electricity, have been looking for supplemental heating sources that can save them money. Wood burning stoves were the first products to have a big revival. But recently, kerosene heaters have proven to be very popular because of their cost and the fact that they don't have to be permanently installed.

These heaters are safe if they are used properly. But that's the problem. Too many people are buying and using these heaters without paying attention to safety requirements.

So here are some suggestions from the Federal Emergency Management Agency to help you keep warm and safe:

Before you buy a kerosene space heater, make sure they are legal in your area. If you have one where they are banned, it could cancel your fire insurance protection.

If you are shopping for a space heater of any kind, make sure you get one that has Underwriter's Laboratory approval. The UL label means the heater has passed many safety tests. For instance, for kerosene heaters, it means that the heater will light without a flash when it is hot, it can be tipped at least 33 degrees without turning over, and it can even be turned over without causing a fire.

Once you have the heater, make sure you place it properly. It should be out of the line of traffic, and at least three feet away from any furniture, drapes, decorations, or walls.

(MORE)

KEROSENE HEATER SAFETY/ADD ONE

ONE OF THE MOST IMPORTANT THINGS IS TO USE THE RIGHT TYPE OF FUEL. KEROSENE HEATERS SPECIFY NUMBER 1-K KEROSENE THAT IS "WATER CLEAR." IT CAN BE DIFFICULT TO FIND. BY THE WAY, 1-K KEROSENE IS VERY DIFFERENT FROM NUMBER 1 FUEL OIL THAT IS BURNED IN FURNACES. IF YOU USE ANYTHING BUT 1-K KEROSENE YOU COULD INCREASE THE AMOUNT OF CARBON MONOXIDE AND SULFUR BY AS MUCH AS TEN TIMES. AND CARBON MONOXIDE IS DEADLY. ONE OTHER THING ABOUT FUEL: NEVER USE GASOLINE. IT CAN EXPLODE.

WHEN YOU HAVE THE HEATER GOING, MAKE SURE YOU HAVE ADEQUATE VENTILATION. MANY HOUSES HAVE BEEN CAULKED AND WEATHERSTRIPPED SO TIGHTLY THAT NOT ENOUGH AIR GETS IN. THEN EVEN SMALL AMOUNTS OF CARBON MONOXIDE CAN BUILD UP, PARTICULARLY WHEN YOU ARE USING AN UNVENTED KEROSENE HEATER. SO OPEN A WINDOW IN THE ROOM SLIGHTLY TO LET IN SOME FRESH AIR.

WHEN YOU ARE REFILLING THE KEROSENE HEATER, MAKE SURE IT IS COOL. AND ONLY REFILL IT OUT OF DOORS. THAT'S ALSO WHERE YOU SHOULD BE STORING THE KEROSENE. THEN IF SOME DOES SPILL, IT IS NOT LIKELY TO CAUSE A DANGEROUS FIRE.

WHATEVER TYPE OF HEATER YOU HAVE, DON'T LET CHILDREN PLAY AROUND IT. THE SURFACES CAN BE HOT, AND THEIR PAJAMAS, NIGHTGOWNS, OR ROBES COULD GET CAUGHT AND CATCH FIRE.

IF YOU HAVE ANY QUESTIONS ABOUT THE SAFETY OF ANY KIND OF SPACE HEATER, YOU CAN CALL THE CONSUMER PRODUCT SAFETY COMMISSION TOLL FREE AT (800) 638-8326 (IN MARYLAND, THE NUMBER IS (800) 492-8363 ; IN ALASKA, HAWAII, PUERTO RICO, AND THE VIRGIN ISLANDS, CALL (800) 638-8333).

Federal Consumer Focus

October 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

NOTE TO FEDERAL CONSUMER FOCUS USERS:

In the September set of Federal Consumer Focus scripts, the 20-second version of #854 on Weight Loss contained an error and should not be broadcast. The script read as follows:

> The Food and Drug Administration cautions you to avoid the Cambridge Diet, a low protein, 330-calorie -a-day plan in which a powder is mixed with liquid. The FDA is currently investigating several severe illnesses associated with the Cambridge Diet. For more information, send for a free copy of Weight Loss. Write Consumer Focus, Pueblo, Colorado 81009.

In fact, while not advising specifically to avoid the Cambridge Diet, FDA cautions consumers who are planning to start any kind of extremely low calorie diet plan (for example, less than 400 calories per day) to check first with a physician, particularly if the diet is planned to be used as the sole source of nourishment for extended periods of time. For more information about diets, send for a free copy of Weight Loss from Consumer Focus, Pueblo, Colorado 81009.

NEWARK PUBLIC LIBRARY
OCT 28 1982
U.S. GOVT. PUBS.
DEPOSITORY 376

KEROSENE HEATER SAFETY (:30)

IF YOU ARE THINKING ABOUT BUYING A NEW KEROSENE SPACE HEATER, MAKE SURE THEY ARE LEGAL IN YOUR AREA. OTHERWISE, YOU MIGHT BE JEOPARDIZING THE FIRE PROTECTION PART OF YOUR HOUSE INSURANCE. ALSO MAKE SURE YOU CAN GET THE RIGHT TYPE OF FUEL. ONLY USE NUMBER 1-K KEROSENE THAT IS "WATER CLEAR." TO USE ANY OTHER TYPE OF FUEL COULD CAUSE CARBON MONOXIDE BUILDUP. AND THAT COULD BE DEADLY. FINALLY, NOTES THE FEDERAL EMERGENCY MANAGEMENT AGENCY, MAKE SURE THE HEATER IS COOL WHEN YOU REFILL IT, AND DO THE REFILLING AWAY FROM THE HOUSE. THAT'S WHERE YOU SHOULD BE STORING THE KEROSENE SO THERE'S NO CHANCE OF A FIRE.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Inexpensive Toys: Fun In The Making (:30) #859

How about helping your children make their Halloween costumes this year? Here are some suggestions from the Administration on Children, Youth, and Families. Start by cutting out sections on each side of a large, plain grocery bag so it fits over the child's shoulders. Then have the child put on the bag and point where the eye holes should be. Cut out the holes, and decorate. Make a lion with paper strip mane and whiskers. Grrr. For more year round fun, send for Inexpensive Toys: Fun In The Making. It's $3.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Inexpensive Toys: Fun In The Making (:20)

For Halloween, how about making a cowboy or cowgirl costume? First, cut a large grocery bag into a vest. For each leg of chaps, paste together three smaller bags with the bottoms cut out. Add paper fringe, a ten-gallon hat, and it's "git along little dogies." For more year round fun, send $3.75 for a copy of Inexpensive Toys: Fun In The Making to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

October 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Inexpensive Toys: Fun In the Making (2:00) #859

It's almost that night when the moon turns into a pumpkin, and the sound of "trick or treat" is heard in the land. How about working with your kids this year to help them make their own costumes? It's fun for them to show off their imaginations. And it saves money, too.

So here are some suggestions from the Administration on Children, Youth, and Families:

Large, plain grocery bags are great for costumes. Start by cutting out sections on each side so the bag will fit over the child's shoulders when it covers the head. Then have the child put on the bag and point where the eye holes should be. Mark the spots, remove the bag, and help cut out the holes.

Now it's up the kids. How about a lion? Draw in the face, and then paste on strips cut from another bag to make the mane. Another bag cut like a jacket and a braided paper tail complete the costume. Grrr.

If your little tiger is not quite sure about wearing something over his or her head on that scary night, there are still some paper bag possibilities. You can cut a vest out of a large bag. Then make a pair of cowboy's chaps by pasting together smaller bags with the bottoms cut out. Make two tubes about the length of the child's leg. Paste a paper fringe to the vest and chaps, then crumple them up--but carefully. Keep crumpling until the outfit is soft. Smooth it out and it will look like buckskin. Pin on the chaps, add a ten gallon hat and a bandana, and it's "git along little dogies."

Maybe you have a witch or a magician who needs a magic wand. Paper towel tubes jammed together and then painted or covered with aluminum foil will work well. You can even add a cardboard star for special effects.

(MORE)

INEXPENSIVE TOYS: FUN IN THE MAKING/ADD ONE

BUT WHATEVER YOUR CHILD MAKES A HALLOWEEN COSTUME FROM, AN ADULT SHOULD GO ALONG THAT NIGHT TO MAKE SURE EVERYTHING IS SAFE. EVEN A CLOSELY FITTING MASK MAKES IT HARD FOR CHILDREN TO SEE WHEN CROSSING STREETS. YOU MIGHT EVEN FIND SOMEONE WHO WILL GIVE YOU A TREAT, TOO.

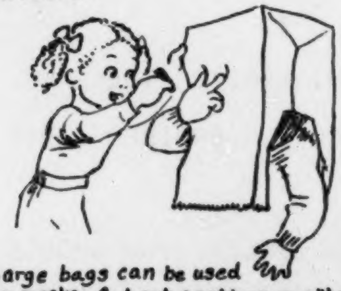
TO LEARN MORE WAYS YOUR CHILDREN CAN MAKE ALL KINDS OF FUN THINGS OUT OF THROW-AWAYS ALL YEAR LONG, SEND FOR A COPY OF INEXPENSIVE TOYS: FUN IN THE MAKING. IT'S $3.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

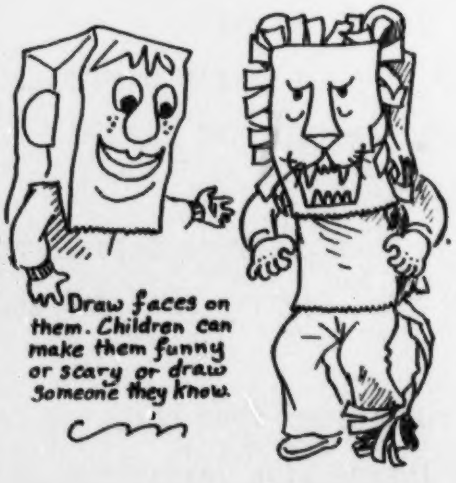
# # # #

PAPER BAGS CAN FILL A COSTUME TRUNK--

MASKS:

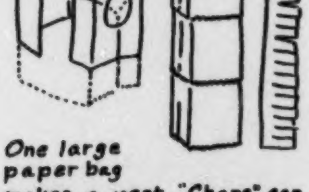


Large bags can be used for masks. Cut out sections on either side of a bag to fit over the shoulders. Slip bag over child's head. Ask the child to show position of eyes using fingers. Mark them. Remove the bag and cut out the eye holes.

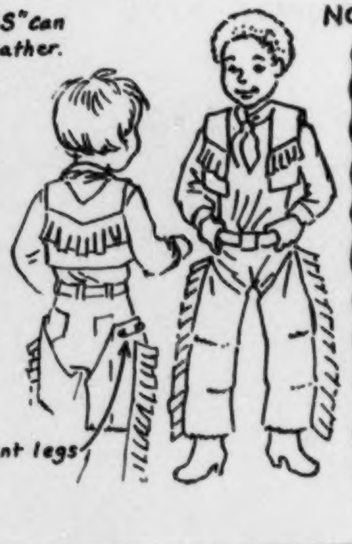


Draw faces on them. Children can make them funny or scary or draw someone they know.

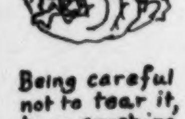
PAPER BAG "BUCKSKINS" can be made to imitate soft leather.



One large paper bag makes a vest. "Chaps" can be made with two or three smaller bags pasted or taped together. Cut out fringe from another bag and attach. Pin chaps over your own pant legs.



NOW ---- take your costume and crush it all up.



Being careful not to tear it, keep crushing and kneading it until it is soft. Carefully smooth it out again. It will look like buckskin.

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Inexpensive Toys: Fun In The Making (:60) #859

This year for Trick or Treat day, how about helping your kids make their own costumes? It will be fun for them to show off their imaginations. And it saves money. Here are some suggestions from the Administration on Children, Youth, and Families:

Large grocery bags are great. Take one and cut out sections on each side so it fits over the child's shoulders. Then have the child put on the bag and point where the eye holes should be. Mark the spots. Then take it off and help cut out the eyes.

For a lion, the child can draw fierce whiskers on the face. Add a paper strip mane, another bag cut like a jacket, a braided paper tail, and there you are. Grrrr.

But however your child is dressed for Halloween, you should go along too. Even a closely fitting mask can block a child's view when crossing streets.

For more fun things your children can make from throw-aways all year long, send for Inexpensive Toys: Fun In the Making. It's $3.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

October 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Glaucoma (:30) #860

Glaucoma doesn't have to remain a leading cause of blindness in this country. It can be contained if it's diagnosed and treated soon enough, explains the Food and Drug Administration. To keep an eye on your eyes, regular checkups with a specialist are a good idea, especially since simple glaucoma can be painless for a long time. The test for glaucoma is painless, too. For more information, send for a copy of the FDA reprint, Glaucoma. It's free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Glaucoma (:20)

Glaucoma is one of the leading causes of blindness in this country. But, it need not be. Since simple glaucoma can be painless for a long time, regular checkups with a specialist are a good idea. The test for glaucoma is also painless. For more information, send for a free copy of the FDA reprint Glaucoma from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

October 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Glaucoma (2:00) #860

Glaucoma is one of the leading causes of blindess in this country. But it need not be. The disease can be controlled if it's diagnosed and treated soon enough, explains the Food and Drug Administration.

Glaucoma is simply pressure that builds up within the eye, threatening the eye's ability to function. That pressure is caused by an excess of a liquid that circulates in the eye and provides nourishment to the tissues. For several reasons, that circulation system may become impaired, and the fluid has nowhere to go or drains too slowly. The increased pressure within the eye puts a crimp on the blood supply to the optic nerve. Without the necessary supply of blood, the optic nerve becomes damaged, resulting in a loss in the field of vision for the victim. If the damage continues, the optic nerve dies and blindness results.

Glaucoma is often hereditary, and more likely to occur ofter your 40th birthday. Other than being inherited, glaucoma can be caused by a blow to the head or eye, prolonged dilation of the pupil, and even emotional upset.

Some signs of glaucoma may be loss of side vision and delayed ability to adjust to semi-darkness or low light levels.

The most common form of the disease is called open angle or chronic simple glaucoma. It most often affects both eyes, and generally can be controlled by drugs. Less than 10 percent of glaucoma cases are caused by a physical blockage and require surgery for correction.

(MORE)

GLAUCOMA/ADD ONE

TO KEEP AN EYE ON YOUR EYES, SO TO SPEAK, REGULAR CHECKUPS WITH A SPECIALIST ARE A GOOD IDEA, ESPECIALLY SINCE SIMPLE GLAUCOMA CAN BE PAINLESS FOR A LONG TIME. THE TEST FOR GLAUCOMA IS ALSO PAINLESS. IT MEASURES THE PRESSURE IN YOUR EYE BY DEVICES PRESSED AGAINST OR INTO THE EYE AFTER IT IS ANESTHETIZED, OR BY MEASURING THE FORCE NEEDED TO INDENT THE EYE WHEN A PUFF OF AIR IS BLOWN INTO IT.

FOR MORE INFORMATION, SEND FOR A COPY OF THE FDA REPRINT, GLAUCOMA. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

Federal Consumer Focus

October 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Glaucoma (:60) #860

Glaucoma is one of the leading causes of blindness in this country. But, it need not be. The disease can be controlled if it's diagnosed and treated soon enough, explains the Food and Drug Administration.

Glaucoma is simply pressure that builds up within the eye, threatening the eye's ability to function. That pressure is caused by an excess of a liquid that circulates in the eye providing nourishment to the tissues.

Glaucoma is often hereditary, and more likely to occur after your 40th birthday. Other than being inherited, glaucoma can be caused by a blow to the head or eye, prolonged dilation of the pupil, and emotional upsets. Some signs of glaucoma may be loss of side vision and delayed ability to adjust to semi-darkness or low light levels.

To keep an eye on your eyes, so to speak, regular checkups with a specialist are a good idea, especially since simple glaucoma can be painless for a long time. The test for glaucoma is also painless. For more information, send for a free copy of Glaucoma. Write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

October 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Mail Order Rights (:30) #861

Shopping by mail can be a real convenience. That is, when you get what you order and get it on time. According to the Federal Trade Commission, a mail order company must ship your order within the time promised. Or, if no time is stated, it must be shipped within 30 days of receipt of your order and payment. If there will be a delay, the seller has to notify you when your order will be shipped and offer you the chance to cancel the order. For a free copy of *Mail Order Rights*, write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Mail Order Rights (:20)

Shopping by mail can be a real convenience. That is, when you get what you order and get it on time. According to the Federal Trade Commission, the seller must ship your order within the time promised, or within 30 days of receipt of your order and payment. If there will be a delay, the seller must tell you when the order will be shipped. For a free copy of *Mail Order Rights*, write Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Mail Order Rights (2:00) #861

Back in the earlier days of our country, getting something from a mail order catalog was cause for great excitement. And, in many cases it was the sole way of shopping for people living in sparsely populated regions.

Today, while mail order isn't the novelty it used to be, it can be a real convenience. That is, when you get what you order and get it on time.

According to a Federal Trade Commission ruling, a mail order company must ship your order within the time promised. Or, if no time is stated, it must be shipped within 30 days of receipt of your order and payment.

If there will be a delay, the seller has to notify you when your order will be shipped. If the new delivery date is more than 30 days past the original date promised, you can accept the new shipping date or you can cancel for a full refund. Either way you have to notify the company in writing. If the delay is less than 30 days, the process is the same, except that if you don't answer, it means you accept the later date.

If you do not agree to the delay, then the seller must refund all your money within several working days after receiving your order to cancel.

It's good to know how to protect yourself before you actually order something by mail.

First off, be sure you're dealing with a reputable firm. If you're in doubt, check the Better Business Bureau or consumer protection agency where the company is located, or the Direct Mail-Marketing Association. Read advertisements carefully. Don't rely on pictures alone.

(more)

MAIL ORDER RIGHTS/ADD ONE

BE SURE TO PAY BY MONEY ORDER, CHECK OR CREDIT OR CHARGE CARD SO YOU HAVE A RECORD. NEVER SEND CASH. CLEARLY MARK YOUR NAME AND ADDRESS ON THE ORDER FORM. BE SURE TO KEEP A COPY OF THE AD, ORDER FORM, CORRESPONDENCE, THE COMPANY'S NAME AND ADDRESS, AND MAILING COSTS.

FOR MORE INFORMATION, SEND FOR A COPY OF MAIL ORDER RIGHTS. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ________________________.
(STATION CALL LETTERS)

Federal Consumer Focus

October 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Mail Order Rights (:60) #861

Back in the earlier days of our country, getting something from a mail order catalog was cause for great excitement.

Today, while mail order isn't the novelty it used to be, it can be a real convenience. That is, when you get what you order and get it on time.

According to the Federal Trade Commission, a mail order company must ship your order within the time promised. Or, if no time is stated, it must be shipped within 30 days of receipt of your order and payment.

If there will be a delay, the seller has to notify you when your order will be shipped and offer you the chance to cancel the order. If you don't answer, it means you accept the later date. If the new delivery date is more than 30 days past the original date promised, you have to notify the company in writing whether you accept the date or want to cancel the order.

For more information, send for a copy of Mail Order Rights. It's free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal
Consumer
Focus
OCTOBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

COLD WATER SURVIVAL (:30)

#862

AS TEMPERATURES FALL, BOAT SINKINGS AND OTHER WATER ACCIDENTS TAKE ON AN ADDED ELEMENT OF DANGER. SURVIVING MEANS NOT ONLY STAYING AFLOAT, BUT ALSO CONSERVING BODY HEAT. AS LONG AS ANYTHING IS LEFT FLOATING THAT WILL SUPPORT YOUR WEIGHT, HANG ONTO IT AND KEEP AS MUCH OF YOUR BODY OUT OF THE WATER AS POSSIBLE. IF YOU HAVE TO SWIM, GO ONLY AS FAR AS THE NEAREST OBJECT YOU CAN HANG ONTO. THEN KEEP AS STILL AS YOU CAN, AND DON'T EXTEND YOUR ARMS OF LEGS ANY MORE THAN IS NECESSARY. LEARN MORE IN COLD WATER SURVIVAL. IT'S $2.25 FROM CONSUMER FOCUS, PUEBLO, COLORADO COLORADO 81009.

# # # #

COLD WATER SURVIVAL (:20)

AS TEMPERATURES FALL, BOAT SINKINGS AND OTHER WATER ACCIDENTS TAKE ON AN ADDED ELEMENT OF DANGER. SURVIVING MEANS NOT ONLY STAYING AFLOAT, BUT ALSO CONSERVING BODY HEAT. SO BUTTON UP IMMEDIATELY, AND KEEP YOUR BODY AS STILL AS POSSIBLE. DON'T SWIM ANY FARTHER THAN THE NEAREST OBJECT YOU CAN HANG ON TO. LEARN MORE IN COLD WATER SURVIVAL. IT'S $2.25 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

OCTOBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

COLD WATER SURVIVAL (2:00) #862

A BOAT CAPSIZING, A CAR GOING OFF A BRIDGE--THERE ARE A LOT OF WAYS YOU COULD FIND YOURSELF UNEXPECTEDLY IMMERSED IN WATER. AND NOW, WITH TEMPERATURES FALLING, SURVIVING IN THE WATER MEANS MORE THAN JUST STAYING AFLOAT. HERE ARE SOME TIPS ON COLD WATER SURVIVAL FROM THE U.S. COAST GUARD:

TRY TO FIND A WAY TO MAKE YOUR ENTRY INTO THE WATER GRADUAL RATHER THAN ABRUPT. FOR EXAMPLE, STAY WITH A SINKING BOAT AS LONG AS THERE'S ANYTHING LEFT TO HANG ONTO, AND KEEP AS MUCH OF YOUR BODY OUT OF THE WATER AS POSSIBLE. A SUDDEN PLUNGE INTO COLD WATER CAN SEND YOUR BREATHING RATE UP UNCONTROLLABLY, CAUSING YOU TO TAKE WATER INTO YOUR LUNGS. IF THERE'S NO WAY TO AVOID A JUMP OR FALL, KEEP YOUR ELBOWS AT YOUR SIDES, COVER YOUR NOSE AND MOUTH WITH ONE HAND, AND HOLD THAT WRIST OR ELBOW WITH THE OTHER HAND.

ONCE YOU'RE IN THE WATER, THE DANGER OF DROWNING IS COMPOUNDED BY THE THREAT OF HYPOTHERMIA--A CONDITION WHERE YOUR BODY LOSES HEAT AT ITS CORE. ITS EFFECTS RANGE FROM NUMBNESS AND DISORIENTATION TO UNCONSCIOUSNESS AND DEATH. TO MAINTAIN BODY HEAT, YOU NEED TO TRAP THE SMALL AMOUNT OF WATER THAT'S INSIDE YOUR CLOTHING AND LET IT WARM UP. SO BUTTON UP IMMEDIATELY. AND DON'T SWIM ANY FARTHER THAN THE CLOSEST OBJECT YOU CAN HANG ONTO. SWIMMING PUMPS THE WARMER WATER OUT OF YOUR CLOTHES AND LETS COLDER WATER IN.

(MORE)

COLD WATER SURVIVAL/ADD ONE

IF YOU'RE WEARING A LIFE VEST, YOU HAVE THE ABILITY TO MAINTAIN THE BEST POSITION FOR CONSERVING BODY HEAT. PUT YOUR LEGS CLOSE TOGETHER AND RAISE THEM UP TO ABOUT A SITTING POSITION, WHILE YOU FOLD YOUR ARMS ACROSS YOUR CHEST WITH YOUR HANDS TUCKED IN. IF YOU HAVE TO TREAD WATER OR HANG ONTO SOMETHING TO STAY AFLOAT, DON'T EXTEND YOUR ARMS OR LEGS ANY MORE THAN IS NECESSARY. KEEP AS STILL AS POSSIBLE. THIS MAY BE PAINFUL, BUT THE PAIN WON'T KILL YOU--AND HEAT LOSS CAN.

FINALLY, WHILE YOU'RE WAITING TO BE RESCUED, TRY TO KEEP YOUR OPTIMISM UP AND THINK POSITIVELY. IN MANY CASES, A STUBBORN "WILL TO LIVE" HAS BEEN WHAT'S PULLED PEOPLE THROUGH.

LEARN MORE SEND FOR THE BOOKELT, COLD WATER SURVIVAL. IT'S $2.25 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ___________________________.
(STATION CALL LETTERS)

Federal Consumer Focus

OCTOBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

COLD WATER SURVIVAL (:60) #862

A BOAT CAPSIZING, A CAR GOING OFF A BRIDGE -- THERE ARE A LOT OF WAYS YOU COULD FIND YOURSELF UNEXPECTEDLY IMMERSED IN WATER. AND NOW, WITH TEMPERATURES FALLING, SURVIVING IN THE WATER MEANS NOT ONLY STAYING AFLOAT, BUT ALSO MAINTAINING BODY HEAT. YOU NEED TO TRAP THE SMALL AMOUNT OF WATER THAT'S INSIDE YOUR CLOTHING AND LET IT WARM UP. SO BUTTON UP IMMEDIATELY. AND DON'T SWIM ANY FARTHER THAN THE CLOSEST OBJECT YOU CAN HANG ONTO. SWIMMING PUMPS THE WARMER WATER OUT OF YOUR CLOTHES AND LETS COLDER WATER IN.

IF YOU'RE WEARING A LIFE VEST, YOU HAVE THE ABILITY TO MAINTAIN THE BEST POSITION FOR CONSERVING BODY HEAT. PUT YOUR LEGS CLOSE TOGETHER AND RAISE THEM TO A SITTING POSITION, WHILE YOU FOLD YOUR ARMS ACROSS YOUR CHEST WITH YOUR HANDS TUCKED IN. IF YOU HAVE TO TREAD WATER OR HANG ONTO SOMETHING TO STAY AFLOAT, DON'T EXTEND YOUR ARMS OR LEGS ANY MORE THAN IS NECESSARY. KEEP AS STILL AS POSSIBLE, EVEN IF IT'S PAINFUL.

LEARN MORE IN THE BOOKLET, COLD WATER SURVIVAL. IT'S $2.25 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal
Consumer
Focus

OCTOBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

YOUR CHILD AND TESTING (:30) #863

IF YOUR CHILD IS TAKING A STANDARDIZED TEST, YOU SHOULD ASK SOME QUESTIONS, NOTES THE NATIONAL INSTITUTE OF EDUCATION. FIND OUT WHAT KINDS OF STANDARDIZED TESTS YOUR CHILD WILL TAKE THIS YEAR, AND WHAT THEY WILL BE USED FOR. ASK IF THE TESTS WILL AFFECT YOUR CHILD'S PLACEMENT IN SCHOOL. IF SO, FIND OUT WHAT OTHER INFORMATION WILL BE USED TO DETERMINE IF A SPECIAL PROGRAM IS NEEDED. AFTER ALL, CLASSROOM LEARNING IS FAR MORE THAN WHAT IS MEASURED ON A MULTIPLE CHOICE, STANDARDIZED TEST. TO LEARN MORE, SEND FOR A COPY OF YOUR CHILD AND TESTING. IT'S $3.00 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

YOUR CHILD AND TESTING (:20)

BY LAW, YOU HAVE THE RIGHT TO SEE ALL OF YOUR CHILD'S SCHOOL TEST RESULTS IF THEY ARE PART OF YOUR CHILD'S SCHOOL RECORDS. THAT INCLUDES STANDARDIZED TEST SCORES, NOTES THE NATIONAL INSTITUTE OF EDUCATION. AND YOU SHOULD ASK QUESTIONS ABOUT HOW THE SCORES AND RECORDS ARE BEING USED. TO LEARN MORE, SEND FOR A COPY OF YOUR CHILD AND TESTING. IT'S $3.00 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

OCTOBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

YOUR CHILD AND TESTING (2:00) #863

"BRING TWO SHARP, NUMBER TWO PENCILS WITH GOOD ERASERS." ASK JUST ABOUT ANY SCHOOLCHILD WHAT THAT SENTENCE MEANS, AND THEY WILL TELL YOU, "STANDARDIZED TESTS." MANY SCHOOLS GIVE CHILDREN STANDARDIZED TESTS AT THE BEGINNING AND END OF THE SCHOOL YEAR. AS A PARENT, YOU HAVE THE RIGHT TO KNOW WHAT THOSE TESTS ARE, HOW THEY WILL BE USED, AND WHAT YOUR CHILD'S SCORES ARE.

STANDARDIZED TESTS FALL INTO TWO GENERAL CATEGORIES: APTITUDE TESTS AND ACHIEVEMENT TESTS. APTITUDE TESTS ARE USED TO MEASURE A CHILD'S ABILITY TO LEARN. ACHIEVEMENT TESTS SHOW HOW MUCH STUDENTS HAVE LEARNED IN A PARTICULAR SUBJECT. BOTH OF THESE TESTS HELP THE TEACHERS PREPARE THE BEST COURSE OF STUDY FOR YOUR CHILD. BUT, NOTES THE NATIONAL INSTITUTE OF EDUCATION, THEY SHOULD NEVER BE USED AS THE SOLE BASIS FOR PLACING STUDENTS IN A FIXED TRACK OR SPECIAL CLASS.

TO ASSURE EFFECTIVE USE OF STANDARDIZED TESTS, HERE ARE SOME QUESTIONS YOU CAN ASK YOUR CHILD'S TEACHER OR THE PRINCIPAL:

DOES THE SCHOOL SYSTEM GIVE THE TEACHERS ANY SPECIAL TRAINING IN TESTING, AND ARE THE STUDENTS GIVEN ANY PRACTICE IN TAKING TESTS?

HAS THE SCHOOL SYSTEM CHECKED TO MAKE SURE THE TEST MAKERS HAVE REDUCED CULTURAL BIAS IN THE TESTS THE STUDENTS WILL BE TAKING?

WILL THERE BE ANY WORKSHOPS OR SPECIAL PROGRAMS TO HELP PARENTS UNDERSTAND THE TESTS AND WHAT THE RESULTS MEAN?

THESE ARE GENERAL QUESTIONS YOU SHOULD ASK ABOUT ANY TEST. BUT THERE ARE ALSO SPECIFIC QUESTIONS YOU NEED TO ASK.

(MORE)

YOUR CHILD AND TESTING/ADD ONE

WHAT KIND OF STANDARDIZED TEST IS MY CHILD TAKING? WHAT IS THE SCHOOL GOING TO DO WITH THE RESULTS? HOW DO MY CHILD'S SCORES COMPARE WITH OTHER STUDENTS IN THE CLASS?

IF AN ACHIEVEMENT TEST SHOWS THAT YOUR CHILD SCORED HIGHER OR LOWER THAN THE REST OF THE MEMBERS OF THE CLASS, WILL THESE RESULTS BE USED TO HELP TAILOR SPECIAL PROGRAMS?

HOW DOES THE CLASS COMPARE WITH OTHER CLASSES IN THE SCHOOL SYSTEM? WITH A NATIONWIDE TEST AVERAGE? IF THE CLASS AS A WHOLE IS BETTER THAN THE AVERAGE, GREAT. IF IT IS BELOW, ASK BOTH THE TEACHER AND THE PRINCIPAL WHAT PLANS THEY HAVE TO RAISE THE SCORES, AND HOW YOU MIGHT BE ABLE TO HELP.

AGAIN, MAKE SURE THAT THE TESTS ARE NOT BEING USED AS THE SOLE METHOD OF PLACING STUDENTS OR GRADING THEM. CLASSROOM LEARNING IS FAR MORE THAN WHAT CAN BE MEASURED IN A MULTIPLE CHOICE, STANDARDIZED TEST.

TO LEARN MORE, SEND FOR A COPY OF YOUR CHILD AND TESTING. IT'S $3.00 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE
CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION
AND BY THIS STATION ____________________.
(STATION CALL LETTERS)

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

OCTOBER 1982

YOUR CHILD AND TESTING (:60) #863

IF YOUR CHILDREN ASK FOR "TWO NUMBER 2 PENCILS WITH GOOD ERASERS," THAT PROBABLY MEANS STANDARDIZED TESTS. AND AS A PARENT, YOU HAVE THE RIGHT TO KNOW WHAT THE TESTS ARE, WHAT THEY WILL BE USED FOR, AND HOW YOUR CHILD SCORED.

IF YOUR CHILD IS TAKING AN APTITUDE TEST, IT MEASURES ABILITY TO LEARN. AN ACHIEVEMENT TEST, ON THE OTHER HAND, SHOWS HOW MUCH STUDENTS HAVE LEARNED IN PARTICULAR SUBJECTS.

SO THE NATIONAL INSTITUTE OF EDUCATION SUGGESTS YOU ASK YOUR CHILD'S TEACHER OR PRINCIPAL WHAT TESTS THE STUDENTS WILL BE TAKING DURING THE YEAR. HOW WILL THE RESULTS BE USED? IF THE TEST IS PART OF PLACEMENT IN SPECIAL PROGRAMS, WHAT OTHER FACTORS ARE USED?

HAS THE STAFF BEEN PREPARED TO UNDERSTAND AND USE THE TEST INFORMATION PROPERLY?

ARE THE CHILDREN GIVEN PRACTICE TESTS? THAT CAN AFFECT SCORES.

FINALLY, ASK HOW YOUR CHILD COMPARES WITH THE CLASS. HOW DOES THE CLASS COMPARE WITH THE NATIONAL AVERAGE? IF THE CLASS IS ABOVE AVERAGE, GREAT. IF BELOW, FIND OUT WHAT IS BEING DONE TO BRING THE CLASS UP.

TO LEARN MORE, SEND FOR YOUR CHILD AND TESTING. IT'S $3.00 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

OCTOBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

SODIUM (:30) #864

WHILE SODIUM IS AN ESSENTIAL NUTRIENT FOR LIFE, IT IS ALSO UNDER SOME SUSPICION OF BEING INVOLVED IN HIGH BLOOD PRESSURE. SO IF YOU'RE TRYING TO CUT DOWN ON SODIUM, THE FOOD AND DRUG ADMINISTRATION SUGGESTS THAT YOU SHOP WISELY. READ THE LABELS ON FOODS YOU ARE BUYING. REMEMBER THAT CONDIMENTS SUCH AS SOY SAUCE AND KETCHUP HAVE FAIRLY HIGH LEVELS OF SODIUM. YOU SHOULD ALSO BE AWARE THAT PROCESSED FOODS MAY HAVE MORE THAN TEN TIMES THE SODIUM OF FRESH. SO IF YOU ARE USING CANNED OR DRIED SOUPS OR CURED MEATS IN A RECIPE, YOU DON'T NEED TO ADD EXTRA SALT. TO LEARN MORE, SEND FOR A COPY OF SODIUM. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

SODIUM (:20)

ALTHOUGH EVERYONE NEEDS SOME SODIUM IN THEIR DIET, MANY PEOPLE ARE TRYING TO CUT THE AMOUNT OF SALT THEY EAT. ONE WAY, SUGGESTS THE FOOD AND DRUGS ADMINISTRATION, IS TO BE CREATIVE IN YOUR OWN COOKING. TO ADD FLAVOR, EXPERIMENT WITH LEMON JUICE, SPICES AND HERBS, ONION OR GARLIC POWDER--BUT NOT ONION OR GARLIC SALT. TO LEARN MORE, SEND FOR A COPY OF SODIUM. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus
October 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Sodium (2:00) #864

Sodium in our diets is essential on a daily basis. But, according to the Department of Health and Human Services, high sodium intake is one of several factors believed to contribute to high blood pressure. Since that can lead to heart attack, stroke and kidney disease, many folks are cutting back on sodium in their diet.

To give you a frame of reference for what "high" and "low" sodium really means, one teaspoon of salt contains about 2,000 milligrams of sodium. According to the National Research Council, a safe and adequate sodium intake per day ranges from about a half to one-and-a-half teaspoons of salt. But, remember, this amount includes all sodium, not just what you add at the table.

This means if you eat processed food, such as a frozen dinner that contains 1000 milligrams of sodium, you're eating a large part of your daily allotment in one meal. And, you'll naturally have other foods that contain sodium throughout the day.

Here are some tips to help you moderate your sodium intake:

When you shop, read the food labels. Labels that make specific claims such "low in sodium" must show the sodium content on the label.

Learn to recognize ingredients that contain sodium such as soy sauce, salt brine, and any ingredient with sodium (such as monosodium glutamate) or soda (such as baking soda) as part of its name. Most other condiments such as catsup, tartar sauce, steak sauce, and mustard are also high in sodium.

(MORE)

IN YOUR OWN KITCHEN REDUCE THE SALT YOU ADD TO FOODS DURING COOKING. START WITH MODERATE CHANGES SO YOUR TASTE BUDS ADJUST GRADUALLY. CONSIDER THE SODIUM CONTENT OF ALL INGREDIENTS IN A RECIPE. FOR INSTANCE, IF YOU USE CURED MEAT, DEHYDRATED OR CANNED SOUP, CHEESE, OR CANNED VEGETABLES IN A DISH, DON'T ADD ANY MORE SALT.

FOR FLAVOR, EXPERIMENT WITH LEMON JUICE, SPICES OR HERBS--SUCH AS ONION OR GARLIC POWDER (NOT ONION OR GARLIC SALT), PAPRIKA, PEPPER, CURRY OR DILL. MAKE YOUR OWN RELISHES AND SALAD DRESSINGS, CUTTING BACK ON SALT.

AND ALWAYS TASTE FOOD BEFORE YOU SALT IT. IF YOU MUST ADD SALT, TRY ONE SHAKE INSTEAD OF TWO.

FOR MORE INFORMATION, SEND FOR A COPY OF SODIUM. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

Federal
Consumer
Focus
October 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Sodium (:60) #864

Sodium is essential in our diets on a daily basis. But, according to the Department of Health and Human Services, high sodium intake is one of several factors believed to contribute to high blood pressure. Since that can lead to heart attack, stroke and kidney disease, many foks are cutting back on sodium.

To moderate your sodium intake, read the food labels when you shop. Learn to recognize ingredients that contain sodium, such as soy sauce, salt brine, and any ingredient with sodium (such as monosodium glutamate) or soda (such as baking soda) as part of its name.

Be creative in your own cooking, while you're keeping an eye on sodium. Experiment with lemon juice, spices or herbs--such as onion or garlic powder (not onion or garlic salt), paprika, pepper, curry or dill.

And always taste food before you salt it. If you must add salt, try one shake instead of two. For a free copy of Sodium, write Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus
OCTOBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

WHAT EVERY INVESTOR SHOULD KNOW (:30) #865

A STOCKBROKER'S COMMISSION IS STANDARD NO MATTER WHICH BROKERAGE FIRM YOU USE, RIGHT? WRONG. TODAY, DIFFERENT BROKERAGE COMPANIES CHARGE DIFFERENT AMOUNTS. IF YOU'RE CONFIDENT IN YOUR OWN KNOWLEDGE OF THE MARKET, YOU CAN SAVE MONEY BY PLACING YOUR ORDERS THROUGH A SO-CALLED "DISCOUNT HOUSE." A "FULL-SERVICE" BROKER WILL CHARGE A HIGHER COMMISSION, BUT YOU'LL GET MORE GUIDANCE AND ADVICE. LEARN MORE ABOUT CHOOSING A BROKER -- AND ABOUT CHOOSING STOCKS AND BONDS --IN WHAT EVERY INVESTOR SHOULD KNOW. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

WHAT EVERY INVESTOR SHOULD KNOW (:20)

A STOCKBROKER'S COMMISSION IS STANDARD NO MATTER WHICH BROKERAGE FIRM YOU USE, RIGHT? WRONG. TODAY, COMMISSIONS VARY FROM BROKERAGE FIRM TO BROKERAGE FIRM, AND THE AMOUNT OF GUIDANCE AND ADVICE YOU RECEIVE VARIES CORRESPONDINGLY. LEARN HOW TO CHOOSE A BROKER -- PLUS HOW TO PICK A STOCK OR BOND, AND MORE -- IN WHAT EVERY INVESTOR SHOULD KNOW. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

October 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

What Every Investor Should Know (2:00) #865

"My investments." Doesn't that have a nice ring to it? Doesn't it make the person who says it sound wonderfully substantial? But if you've got the notion that you might like to buy some stocks or bonds, bear in mind that any investment is actually a risk. According to the U.S. Securities and Exchange Commission, whether or not your risk pays off is largely a matter of how much you know.

Find out all you can about a lot of companies before you decide to buy stock in any one of them. Many companies will send you copies of their quarterly and annual reports for free if you write or call. Read the business section of your newspaper--both the general economic stories and the detailed market prices of any stocks you may be considering. And don't neglect the various business and financial magazines that are available at your public library.

Shop for a broker as carefully as you do for a stock. If you consider yourself well informed about the market and you just want somebody to place your orders, you can save on brokers' fees by using a so-called "discount house." A "full-service" brokerage firm will charge a higher commission, but it will give you more guidance and advice. Some firms specialize in a particular industry; others, in a geographical area. Pick the type of broker best suited to your own individual investment plans and needs.

(MORE)

WHAT EVERY INVESTOR SHOULD KNOW/ADD ONE

STEER CLEAR OF SECURITIES THAT ARE OFFERED ONLY BY TELEPHONE, AND CHECK THE CREDENTIALS OF ANYONE WHO OFFERS YOU AN INVESTMENT OPPORTUNITY. BEWARE OF SALESPEOPLE WHO TRY TO PRESSURE YOU INTO ACTING IMMEDIATELY: REMEMBER, THEIR COMMISSION DEPENDS ON YOUR PURCHASE. DON'T BUY ON TIPS OR RUMORS. NOT ONLY IS IT SAFER TO GET THE FACTS BEFORE YOU ACT--IT'S ALSO ILLEGAL TO BUY OR SELL SECURITIES BASED ON INSIDE INFORMATION THAT'S NOT GENERALLY AVAILABLE TO OTHER INVESTORS. BE SKEPTICAL OF PROMISES OF QUICK PROFITS, AND BE ESPECIALLY CAREFUL WITH TAX-SHELTER INVESTMENTS THAT PROMISE EXCEPTIONAL TAX WRITE-OFFS.

FOR MORE INFORMATION, SEND FOR WHAT EVERY INVESTOR SHOULD KNOW--FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus
OCTOBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

WHAT EVERY INVESTOR SHOULD KNOW (:60) #865

IF YOU'VE BEEN THINKING OF BUYING STOCKS OR BONDS, TAKE A LESSON FROM THE PROS: START WITH RESEARCH. FIND OUT EVERYTHING YOU CAN ABOUT A COMPANY AND ITS INDUSTRY AS A WHOLE. GET IN THE HABIT OF READING THE BUSINESS SECTION OF YOUR NEWSPAPER -- BOTH THE GENERAL ECONOMIC STORIES AND THE DETAILED MARKET PRICES OF ANY STOCKS YOU MIGHT BE CONSIDERING. DON'T NEGLECT THE VARIOUS BUSINESS AND FINANCIAL MAGAZINES AT YOUR PUBLIC LIBRARY. AND GO TO THE COMPANIES THEMSELVES FOR INFORMATION. MANY WILL BE HAPPY TO SEND YOU COPIES OF THEIR QUARTERLY AND ANNUAL REPORTS IF YOU JUST WRITE OR CALL.

STEER CLEAR OF SECURITIES THAT ARE OFFERED ONLY BY TELEPHONE, AND CHECK THE CREDENTIALS OF ANYONE WHO OFFERS YOU AN INVESTMENT OPPORTUNITY. BEWARE OF SALESPEOPLE WHO TRY TO PRESSURE YOU INTO ACTING IMMEDIATELY: REMEMBER, THEIR COMMISSIONS DEPEND ON YOUR PURCHASE. AND BE ESPECIALLY CAREFUL WITH TAX-SHELTER INVESTMENTS THAT PROMISE EXCEPTIONAL TAX WRITE-OFFS.

FOR MORE INFORMATION, SEND FOR WHAT EVERY INVESTOR SHOULD KNOW. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

866-873

Federal Consumer Focus
NOVEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

NOTE TO REPORTERS: This script is written with a blank for the maximum amount allowed in the small claims court. To learn this amount, call your local small claims court or consumer office. Your local small claims court or consumer office may also have a booklet on small claims courts they would make available to your audience.

SMALL CLAIMS COURT (:30) #866

DOES SOMEONE OWE YOU MONEY OR HAS SOMEONE LOST OR DAMAGED YOUR PROPERTY? IF THE AMOUNT INVOLVED IS LESS THAN ______, WHY NOT TRY THE LOCAL SMALL CLAIMS COURT. THE PROCEEDINGS ARE INFORMAL, AND YOU CAN REPRESENT YOURSELF. IT TAKES ABOUT TWO WEEKS TO GET YOUR CASE SCHEDULED, AND THE FILING FEE IS JUST A FEW DOLLARS. ALTHOUGH SMALL CLAIMS CASES ARE ONLY FOR MONEY, NOT FOR MERCHANDISE OR PROPERTY, YOU'LL GET A QUICK HEARING, AND A SPEEDY DECISION ABOUT YOUR CLAIM.

# # # #

SMALL CLAIMS COURT (:20)

DOES SOMEONE OWE YOU MONEY OR HAS SOMEONE LOST OR DAMAGED YOUR PROPERTY? IF THE AMOUNT OF MONEY YOU'RE CLAIMING IS LESS THAN ______, WHY NOT TRY THE LOCAL SMALL CLAIMS COURT? THE PROCEEDINGS ARE INFORMAL, AND YOU REPRESENT YOURSELF. IT TAKES ABOUT TWO WEEKS TO GET ON THE SCHEDULE, AND THE FILING FEE IS JUST A FEW DOLLARS. YOU'LL GET A QUICK HEARING AND A SPEEDY DECISION ABOUT YOUR CLAIM.

# # # #

NEWARK PUBLIC LIBRARY
NOV 23 1982
U. S. GOVT. PUBS
DEPOSITORY 376

GS 11.9/3:

Federal Consumer Focus

NOVEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

> NOTE TO REPORTERS: This script is written with a blank for the maximum amount allowed in the small claims court. To learn this amount, call your local small claims court or consumer office. Your local small claims court or consumer office may also have a booklet on small claims courts they would make available to your audience.

SMALL CLAIMS COURT (2:00) #866

"I ORDERED A BOOKCASE. BUT WHEN IT WAS DELIVERED, IT WAS BROKEN. NOW I WANT MY MONEY BACK. BUT ALL I GET IS THE RUNAROUND. WHAT CAN I DO?"

MANY CONSUMERS HAVE PROBLEMS LIKE THIS, OR WITH A REPAIR SHOP, OR WITH A LANDLORD. ACCORDING TO THE U.S. OFFICE OF CONSUMER AFFAIRS, A NUMBER OF CONSUMERS ARE TURNING TO LOCAL SMALL CLAIMS COURTS FOR SATISFACTION.

SMALL CLAIMS COURTS ARE NOT THE USUAL TYPE OF COURT. IN MOST CASES, YOU DON'T HAVE TO BRING A LAWYER WITH YOU--YOU REPRESENT YOURSELF, AND THE PROCEEDINGS ARE GENERALLY INFORMAL. TO FILE, YOU'LL PAY BETWEEN $2 AND $15, DEPENDING ON WHETHER THE SHERIFF DELIVERS THE SUMMONS OR THE COURT SENDS THE SUMMONS BY CERTIFIED LETTER.

SMALL CLAIMS COURTS AREN'T FOR EVERYBODY, THOUGH. THE AMOUNT OF MONEY INVOLVED IS RELATIVELY SMALL. HERE THE LIMIT IS ___________. IN ADDITION, ONLY MONEY IS AT STAKE, NOT PROPERTY OR MERCHANDISE. BUT IF YOU DECIDE TO GO THROUGH WITH A COURT ACTION, HERE ARE SOME SUGGESTIONS FROM THE U.S. OFFICE OF CONSUMER AFFAIRS:

FIND OUR WHAT BEING IN A SMALL CLAIMS COURT IS LIKE BY VISITING ONE IN SESSION. SOME SESSIONS MAY BE SCHEDULED IN THE EVENING TO MAKE IT EASIER FOR PEOPLE WHO WORK.

(MORE)

SMALL CLAIMS COURT/ADD ONE

WHILE YOU ARE AT COURT, ASK FOR THE NECESSARY FORMS TO FILL OUT SO THAT YOUR CASE CAN BE SCHEDULED, USUALLY WITHIN TWO WEEKS AFTER YOU INDICATE YOUR INTENTION TO SUE.

BE PREPARED TO STATE YOUR CASE CLEARLY AND BRIEFLY. IT WOULDN'T HURT TO REHEARSE WHAT YOU ARE GOING TO SAY, BECAUSE MANY CASES ARE HEARD EACH DAY AND ONLY A FEW MINUTES ARE DEVOTED TO EACH CASE.

BE SURE YOU APPEAR IN COURT ON THE SCHEDULED DAY UNLESS YOU HAVE MADE ARRANGEMENTS TO HAVE THE DAY CHANGED. IF YOU ARE A DEFENDANT AND DON'T SHOW UP, A JUDGEMENT MAY BE ENTERED AGAINST YOU. IF YOU ARE THE PLAINTIFF AND DON'T SHOW UP, YOUR CASE COULD BE DISMISSED.

COME TO COURT WITH ALL THE NECESSARY DOCUMENTS. THAT INCLUDES RECEIPTS, CURRENT VALUE STATEMENTS, REPAIR COSTS, AND ANYTHING ELSE APPROPRIATE FOR THE CASE.

IF YOU DECIDE TO USE THE SMALL CLAIMS COURT, YOU WILL GET A QUICK HEARING, AND A SPEEDY DECISION ABOUT YOUR CLAIM. IT'S SOMETHING TO THINK ABOUT.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ________________________.
(STATION CALL LETTERS)

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

NOVEMBER 1982

SMALL CLAIMS COURT (:60)

#866

"THE CLEANER LOST MY COAT, BUT HE WON'T GIVE ME ANY MONEY SO I CAN REPLACE IT. WHAT CAN I DO?"

A NUMBER OF CONSUMERS WITH PROBLEMS LKE THAT ARE TURNING TO THEIR LOCAL SMALL CLAIMS COURTS, NOTES THE U.S. OFFICE OF CONSUMER AFFAIRS. HERE ARE SOME TIPS ON HOW YOU CAN USE THEM, TOO.

FIND OUT WHAT THE SMALL CLAIMS COURT IS LIKE BY VISITING IT WHILE IT'S IN SESSION. YOU'LL SEE THAT THE PROCEEDINGS ARE INFORMAL, AND MANY PEOPLE REPRESENT THEMSELVES. WHILE YOU'RE THERE, ASK FOR THE FORMS YOU WILL NEED TO GET YOUR CASE SCHEDULED. GETTING ON THE SCHEDULE USUALLY TAKES ABOUT TWO WEEKS.

SINCE YOU'LL ONLY HAVE A FEW MINUTES TO STATE YOUR CASE, IT'S WISE TO REHEARSE WHAT YOU ARE GOING TO SAY. ALSO MAKE SURE YOU HAVE ALL OF THE BACKUP DOCUMENTS YOU WILL NEED.

WHEN YOUR CASE IS SCHEDULED, MAKE SURE YOU SHOW UP. OTHERWISE YOUR CASE COULD BE DISMISSED.

SMALL CLAIMS CASES ARE ONLY FOR MONEY COMPENSATION. YOU CAN'T GET YOUR PROPERTY OR MERCHANDISE BACK. AND THE DOLLAR LIMIT HERE IS________. BUT IF YOU HAVE A CASE THAT IS APPROPRIATE FOR THE SMALL CLAIMS COURT, YOU'LL GET A QUICK HEARING, AND A SPEEDY DECISION ABOUT YOUR CLAIM.

# # # #

NOTE: The Consumer Information Center has additional copies of our Oceanliner television and radio public service announcements. To receive a set of 16 mm films (:60, :30, :20, :10) or a radio disc (:60, :30, :30), please call Eleanor Kelly on 202/566-1794 collect.

Federal Consumer Focus
November 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

Reye Syndrome (:30) #867

Don't give aspirin to your children when they have either the flu or chicken pox. According to the Food and Drug Administration, there seems to be an association between children under the age of 16 taking aspirin for viral conditions and their developing Reye (pronounced "rye") syndrome. The rare disease is characterized by sudden vomiting, violent headaches, and unusual behavior in children who appear to be recovering from an often mild viral illness. These symptoms require immediate diagnosis and emergency care in a hospital. For a free copy of Reye Syndrome, just write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Reye Syndrome (:20)

Don't give aspirin to your children for the flu or chicken pox. According to the FDA, there seems to be an association between children under the age of 16 taking aspirin for viral conditions and their developing Reye (pronounced "rye") Syndrome. Symptoms are: sudden vomiting, violent headaches and unusual behavior in children who appear to be recovering from an often mild viral illness. Unless treated in a hospital the child can go into a coma and die. For a free copy of Reye Syndrome, write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

NOVEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

REYE SYNDROME (2:00)

#867

DO NOT GIVE ASPIRIN TO YOUR CHILDREN WHEN THEY HAVE EITHER FLU OR CHICKEN POX. ACCORDING TO THE FOOD AND DRUG ADMINISTRATION, THERE SEEMS TO BE AN ASSOCIATION BETWEEN CHILDREN UNDER THE AGE OF 16 TAKING ASPIRIN AND THEIR DEVELOPING REYE (PRONOUNCED RYE) SYNDROME.

REYE SYNDROME IS A RARE, ACUTE CONDITION THAT INVOLVES SWELLING OF THE BRAIN, LIVER MALFUNCTION, AND BLOOD CHEMISTRY DISORDERS. IT IS CHARACTERIZED BY SUDDEN VOMITING, VIOLENT HEADACHES, AND UNUSUAL BEHAVIOR IN CHILDREN, WHO APPEAR TO BE RECOVERING FROM AN OFTEN MILD VIRAL ILLNESS. THE CHILD MAY BE SLEEPY AND LETHARGIC, BUT STILL RESPONSIVE. WITHIN HALF A DAY, THE CHILD CAN BECOME DISORIENTED, COMBATIVE AND DELIRIOUS. IF UNTREATED, THE CHILD CAN GO INTO A COMA AND DIE. THESE SYMPTOMS REQUIRE IMMEDIATE DIAGNOSIS AND ADMISSION TO A HOSPITAL WHERE EMERGENCY CARE CAN BE PROVIDED. THERE THE NECESSARY MEDICATIONS CAN BE GIVEN, BLOOD AND BODY FLUIDS CAN BE MONITORED AND CORRECTED, A RESPIRATOR USED IF BREATHING IS FAILING, AND IF NECESSARY, SURGERY PERFORMED TO RELIEVE PRESSURE ON THE SWOLLEN BRAIN.

IN TREATING REYE SYNDROME, THE USUAL HOSPITAL STAY IS THREE TO TEN DAYS. THE PATIENT MUST BE CLOSELY WATCHED AND WILL LIKELY BE IN AN INTENSIVE CARE UNIT. THE PATIENT IS CONSIDERED OUT OF DANGER WHEN BLOOD CHEMISTRY, RESPIRATION, AND OTHER SIGNS HAVE BEEN STABLE FOR 48 HOURS.

(MORE)

REYE SYNDROME/ADD ONE

SINCE STUDIES DO SHOW A LINK BETWEEN ASPIRIN GIVEN DURING VIRAL ILLNESSES AND REYE SYNDROME, THE SURGEON GENERAL AND THE AMERICAN ACADEMY OF PEDIATRICS ADVISE AGAINST GIVING ASPIRIN AND ASPIRIN CONTAINING PRODUCTS FOR SUCH AN ILLNESS. FOR OTHER CHILDHOOD ILLNESSES, YOUR DOCTOR IS THE BEST PERSON TO DECIDE WHEN MEDICATION IS NEEDED. SINCE MOST CHILDHOOD ILLNESSES ARE MINOR AND WILL GO AWAY WITHOUT DRUG TREATMENT, IT MAY BE UNNECESSARY TO GIVE ASPIRIN TO YOUR CHILD. HOWEVER, IT'S IMPORTANT TO GET YOUR DOCTOR'S ADVICE.

BECAUSE RYE SYNDROME IS CONNECTED WITH VIRAL ILLNESSES, PARENTS SHOULD BE MOST ON GUARD DURING THE FLU SEASON, OCTOBER THROUGH MARCH.

FOR MORE INFORMATION, SEND FOR A FREE COPY OF REYE SYNDROME. JUST WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus
NOVEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

REYE SYNDROME (:60) #867

DON'T GIVE ASPIRIN TO YOUR CHILDREN WHEN THEY HAVE EITHER THE FLU OR CHICKEN POX. ACCORDING TO THE FOOD AND DRUG ADMINISTRATION THERE SEEMS TO BE AN ASSOCIATION BETWEEN CHILDREN UNDER THE AGE OF 16 TAKING ASPIRIN FOR VIRAL CONDITIONS AND THEIR DEVELOPING REYE (PRONOUNCED "RYE") SYNDROME.

REYE SYNDROME IS A RARE, ACUTE CONDITION THAT INVOLVES SWELLING OF THE BRAIN, LIVER MALFUNCTION, AND BLOOD CHEMISTRY DISORDERS. IT IS CHARACTERIZED BY SUDDEN VOMITING, VIOLENT HEADACHES AND UNUSUAL BEHAVIOR IN CHILDREN WHO APPEAR TO BE RECOVERING FROM AN OFTEN MILD VIRAL ILLNESS. THE CHILD MAY BE SLEEPY AND LETHARGIC, BUT STILL RESPONSIVE. WITHIN HALF A DAY THE CHILD CAN BECOME DISORIENTED, COMBATIVE AND DELIRIOUS. IF UNTREATED, THE CHILD CAN GO INTO A COMA AND DIE. THESE SYMPTOMS REQUIRE IMMEDIATE DIAGNOSIS AND ADMISSION TO A HOSPITAL WHERE EMERGENCY CARE CAN BE PROVIDED.

BECAUSE REYE SYNDROME IS CONNECTED WITH VIRAL ILLNESSES, PARENTS SHOULD BE MOST ON GUARD DURING THE FLU SEASON, OCTOBER THROUGH MARCH.

FOR MORE INFORMATION, SEND FOR A FREE COPY OF REYE SYNDROME. JUST WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

November 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Adopt-a-Horse (:30) #868

If you've always wanted to own a horse, but you never wanted to buy one, now you may have a chance to get one. The government has a program called "Adopt-a-Horse" that helps qualified persons provide foster homes to wild horses and burros from overpopulated lands out West. Interested? For more information, send for a free copy of So You'd Like to Adopt a Wild Horse or Burro. Write Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus
NOVEMBER 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

#868

ADOPT-A-HORSE (2:00)

THE GOVERNMENT'S BUREAU OF LAND MANAGEMENT REPORTS THAT ITS "ADOPT-A-HORSE" PROGRAM NEEDS GOOD HOMES FOR MANY WILD HORSES AND BURROS THAT ROAM PUBLIC LANDS IN THE WEST. SO IF YOU'VE DREAMED OF OWNING YOUR OWN WILD HORSE OR BURRO, NOW IS THE TIME TO APPLY.

THE "ADOPT-A-HORSE" PROGRAM SOLVES A DIFFICULT CONSERVATION PROBLEM. THE PROBLEM IS THAT THERE JUST ISN'T ENOUGH GRAZING LAND OUT WEST ANY MORE TO PROVIDE FORAGE FOR ALL. SO, RATHER THAN DESTROY THE ANIMALS, THE GOVERNMENT ROUNDS UP HORSES AND BURROS FROM OVERPOPULATED AREAS. THEN, THEY SEND THEM TO FOSTER HOMES FROM DISTRIBUTION CENTERS LOCATED IN THE FAR WEST, AND IN NEBRASKA, TENNESSEE, TEXAS AND PENNSYLVANIA.

HOW CAN YOU QUALIFY? IF YOU ARE A U.S. CITIZEN, AND OVER 21 YEARS OF AGE, YOU MAY BE ELIGIBLE. OF COURSE YOU MUST BE ABLE TO GIVE THE HORSE OR BURRO A GOOD HOME. THAT MEANS HAVING THE RIGHT FACILITIES AND THE ABILITY TO RAISE A WILD ANIMAL. REMEMBER: THESE HORSES ARE WILD, NOT TAME. IT TAKES A LOT OF TIME AND EFFORT TO GENTLE THEM. BUT YOU'LL FIND THAT TAMING YOUR HORSE OR BURRO IS WELL WORTH THE EFFORT. IN FACT, SOME TRAINED, ADOPTED HORSES HAVE WON PRIZES FOR THEIR OWNERS IN HORSE COMPETITIONS.

IF YOUR APPLICATION IS ACCEPTED, YOU CAN PICK UP YOUR HORSE OR BURRO AT ONE OF THE DISTRIBUTION CENTERS. THE ANIMAL IS FREE. HOWEVER, THE BUREAU OF LAND MANAGEMENT HAS INITIATED A PILOT PROGRAM IN WHICH AN ADOPTION FEE OF $200 PER HORSE AND $75 PER BURRO IS CHARGED. THIS FEE IS TO PARTIALLY REIMBURSE THE GOVERNMENT FOR WHAT IT SPENDS TO PROVIDE THE ANIMAL TO YOU. AND, YOU PAY FOR TRANSPORTATION TO BRING YOUR HORSE OR BURRO TO ITS NEW HOME.

-MORE-

AFTER ONE YEAR OF GOOD AND HUMANE TREATMENT, YOU CAN GET PERMANENT TITLE TO YOUR PET UPON APPLICATION. AND, OF COURSE, ANY OFFSPRING BELONG TO YOU.

IF YOU'D LIKE TO LEARN MORE ABOUT GETTING AND CARING FOR ONE OF THESE HORSES OR BURROS, SEND FOR A COPY OF SO YOU'D LIKE TO ADOPT A WILD HORSE OR BURRO. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION________________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus
NOVEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

ADOPT-A-HORSE (:60) #868

THE FEDERAL GOVERNMENT'S "ADOPT-A-HORSE" PROGRAM NEEDS GOOD HOMES FOR MANY WILD HORSES AND BURROS THAT STILL ROAM PUBLIC LANDS OUT WEST. WHY IS THIS "FOSTER HOMES FOR HORSES" PROGRAM NECESSARY? IT SEEMS THAT THERE JUST ISN'T ENOUGH GRAZING LAND ANY MORE TO SUPPORT THE WILD ANIMALS. SO INSTEAD OF DESTROYING THEM, THE GOVERNMENT ROUNDS UP SOME HORSES AND BURROS EACH YEAR FROM OVERPOPULATED AREAS. THEN THEY SEND THEM TO FOSTER HOMES FROM DISTRIBUTION CENTERS LOCATED THROUGHOUT THE WEST AND IN NEBRASKA, TENNESSEE, TEXAS, AND PENNSYLVANIA.

SO, IF YOU'VE ALWAYS DREAMED OF OWNING A HORSE OR BURRO, AND YOU HAVE THE PROPER FACILITIES, YOU CAN APPLY. TO BE ELIGIBLE, YOU MUST BE OVER 21, AND A U.S. CITIZEN.

IF YOUR APPLICATION IS ACCEPTED, YOU CAN PICK UP YOUR HORSE OR BURRO AT ONE OF THE DISTRIBUTION CENTERS. THE ANIMAL IS FREE. HOWEVER, THE BUREAU OF LAND MANAGEMENT HAS INITIATED A PILOT PROGRAM IN WHICH AN ADOPTION FEE OF $200 PER HORSE AND $75 PER BURRO IS CHARGED. THIS FEE IS TO PARTIALLY REIMBURSE THE GOVERNMENT FOR WHAT IT SPENDS TO GET THE ANIMAL TO YOU.

FOR MORE INFORMATION, SEND FOR SO YOU'D LIKE TO ADOPT A WILD HORSE OR BURRO. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # # #

Federal Consumer Focus

November 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Food Additives (:30)

#869

When you sit down to a meal, you probably don't think much about the food additives you're consuming--but, according to the Food and Drug Administration they're virtually everywhere. Additives are used to maintain or improve nutritional value, and they retard spoilage. If you want to keep track of the additives in your diet, read the labels on the foods you buy. The names of the additives must be included in the list of ingredients. For more information, get a free copy of *Food Additives*. Just send a postcard to the Consumer Information Center, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

NOVEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

FOOD ADDITIVES (2:00) #869

WHEN YOU SIT DOWN TO A MEAL, YOU PROBABLY DON'T THINK ABOUT THE ADDITIVES THAT MAY BE IN YOUR FOOD. BUT, THEY'RE VIRTUALLY EVERYWHERE--FOR EXAMPLE, CONSIDER LUNCH OF A BOLOGNA SANDWICH, INSTANT SOUP, GELATIN AND A COLA DRINK.

THE BREAD IS FORTIFIED WITH VITAMINS, AND AN ADDITIVE KEEPS IT FRESH. THE MARGARINE IS COLORED PALE YELLOW. IF YOU USE MAYONNAISE, IT'S MADE WITH EMULSIFIERS TO KEEP IT FROM SEPARATING. THE LUNCHEON MEAT MAY CONTAIN NITRITES. THERE'S AN ADDITIVE IN THE SOUP TO KEEP IT FROM BECOMING RANCID. AND, THE GELATIN CONTAINS FOOD COLORING AND ARTIFICIAL FLAVORING. FINALLY IF YOU TAKE AWAY THE COLORING, FLAVORING, SWEETENERS AND ARTIFICIAL CARBONATION FROM YOUR FAVORITE COLA, WHAT DO YOU HAVE? JUST PLAIN WATER.

ACCORDING TO THE FOOD AND DRUG ADMINISTRATION, ADDITIVES ARE GENERALLY USED TO MAINTAIN OR IMPROVE NUTRITIONAL VALUE OR TO RETARD SPOILAGE. MANY FOODS ARE FORTIFIED WITH VITAMINS AND MINERALS THAT MAY HAVE BEEN LOST OR DESTROYED IN PROCESSING. AND, PRESERVATIVES SUCH AS SODIUM NITRATES AND NITRITES PROTECT CURED MEATS, FISH AND POULTRY FROM CONTAMINATION.

TO KEEP A TRACK OF THE ADDITIVES IN YOUR DIET, READ THE LABELS ON THE FOODS YOU BUY. THE NAMES OF ADDITIVES MUST BE INCLUDED IN THE LIST OF INGREDIENTS.

(MORE)

If you have a question write to or contact the consumer affairs office of the Food and Drug Administration, listed in the phone book under the U.S. government, or write to the manufacturer.

As an informed consumer, you can exercise your right to buy, or not to buy. You might choose to purchase bread containing sodium propionate if you know this additive prevents mold. You may decide not to buy cookies that are artificially colored.

For more information, get a free copy of Food Additives. Just send a postcard to the Consumer Information Center, Pueblo, Colorado 81009.

This announcement was brought to you as a public service by the Consumer Information Center of the General Services Administration in cooperation with ____________________.
(Station call letters)

Federal Consumer Focus

NOVEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

FOOD ADDITIVES (:60) #869

WHEN YOU SIT DOWN TO A MEAL, YOU PROBABLY DON'T THINK ABOUT THE ADDITIVES THAT MAY BE IN YOUR FOOD. BUT, THEY'RE VIRTUALLY EVERYWHERE. ACCORDING TO THE FOOD AND DRUG ADMINISTRATION, ADDITIVES ARE GENERALLY USED TO MAINTAIN OR IMPROVE NUTRITIONAL VALUE OR TO RETARD SPOILAGE. MANY FOODS ARE FORTIFIED WITH VITAMINS OR MINERALS THAT HAVE BEEN LOST OR DESTROYED IN PROCESSING. OTHER FOODS, LIKE MEATS, FISH, AND POULTRY CONTAIN ADDITIVES THAT PROTECT THEM FROM CONTAMINATION.

TO KEEP A WATCHFUL EYE ON THE ADDITIVES IN YOUR DIET, READ THE LABELS ON FOODS YOU BUY. THE NAMES OF ADDITIVES MUST BE INCLUDED IN THE LIST OF INGREDIENTS. THEN EXERCISE YOUR RIGHT AS A CONSUMER TO BUY OR NOT TO BUY. FOR EXAMPLE, YOU MIGHT CHOOSE TO BUY BREAD WITH SODIUM PROPIONATE IF YOU KNOW IT PREVENTS MOLD. YOU MIGHT CHOOSE NOT TO BUY COOKIES WITH ARTIFICIAL FOOD COLORING. IT'S UP TO YOU. FOR MORE INFORMATION, GET A FREE COPY OF FOOD ADDITIVES. JUST SEND A POSTCARD TO THE CONSUMER INFORMATION CENTER, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus
November 1982

Consumer Information Center
General Services Administration
Washington, DC 20405
(202) 566-1794

Consumer's Resource Handbook (:30)

#870

If you have a consumer problem, where is the first place you complain? The first place you *should* complain is to the business where you bought the product or service. If that doesn't work--but much of the time it will--complain to the manufacturer. As a last resort, complain to the local, state, or federal consumer office. To learn more about how to complain effectively, where to turn for help in the federal, state, or local government, and which companies have consumer offices, send for the U.S. Office of Consumer Affairs book, the *Consumer's Resource Handbook*. It's free from Handbook, Pueblo, Colorado 81009.

# # # #

Consumer's Resource Handbook (:20)

If you have a complaint about a business or government program, would you know where to take it? The *Consumer's Resource Handbook*, published by the U.S. Office of Consumer Affairs, will help. It lists federal, state, and local consumer offices as well as companies with consumer representatives. For your free copy of the *Consumer's Resource Handbook*, write, Handbook, Pueblo, Colorado 81009.

# # # #

Consumer's Resource Handbook (:10)

To learn where to turn in the federal, state, or local government with a consumer complaint, or what companies have consumer offices, send for the free *Consumer's Resource Handbook*, from Handbook, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

November 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#870

Job Service (:30)

When you're hunting for a job, a good place to start is the Job Service. Supported by the U.S. Department of Labor and the states, around 2500 local offices provide free placement services. These services include testing, counseling, finding sources for training, and matching your capabilities with job openings. They also have a computerized list of openings around the country. To find the office nearest you, look under the state government listing in the phone book for Job Service, Employment Security, or State Employment Service.

# # # #

Job Openings (:30)

If you're thinking about moving to find a job, you need to find out where there are jobs that you qualify for. To make that job easier, send for Job Openings, a monthly listing of positions all over the country that are being advertised through the state Job Service offices. It tells where the openings are for specific job titles, how many openings there were during the month, and how many were still open at the end of the month. For your free copy of Job Openings, write Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

November 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Lista De Publicaciones (:30)

#870

"Ayuda" (eye-YOU-da). That means "help" in Spanish. And that's what the Consumer Information Center has developed--a new list of federal consumer publications in Spanish on everything from food to housing, to health, to cars. The Lista de Publicaciones Federales en Español para el Consumidor gives a description of more than 100 selected government publications in Spanish and tells how to get copies. And the booklets are all free. For your free copy of the Lista. write Consumer Focus, Pueblo, Colorado 81009. That's Lista, Consumer Focus, Pueblo, Colorado 81009.

# # # #

Lista de Publicaciones (:20)

"Ayuda" means help in Spanish. And that's what the Consumer Information Center has developed--a new list of free federal consumer publications in Spanish. The Lista de Publicaciones Federales en Español para el Consumidor gives a description of more than 100 selected government publications in Spanish and tells how to get them. For your free copy of the Lista, write Lista, Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

November 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

New Consumer Product Safety Commission Hotline Number (:30) #870

If you have a question or a safety complaint about a product, there is a new number you should call. The Consumer Product Safety Commission has changed its hotline number to 800-638-CPSC. So if you want to report an unsafe toy, check on whether your coffeemaker has been recalled, or learn what to do about formaldehyde in your house, call CPSC. That toll free number is 800-638-CPSC. If your phone doesn't have letters, the number is 800-638-2772. (Until November 15, in Maryland, call 800-492-8363; in Alaska, Hawaii, Puerto Rico, and the Virgin Islands, call 800-638-8333; after November 15, the number nationwide will be 800-638-CPSC.)

# # # #

New Consumer Product Safety Commission Hotline Number (:20)

If you have a question about the safety of a product, the Consumer Product Safety Commission has a hotline number you can call. It's 800-638-CPSC. So if you want to report on an unsafe toy or find out whether your coffeemaker has been recalled, call toll free 800-638-CPSC.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

November 1982

Safe Handling Tips for Meat and Poultry (:30) #871

The holidays are coming--time for special dinners and tempting recipes. However, be sure you don't let food poisoning ruin your dinner party. Always wash your hands before handling food. Keep hot foods hot and cold foods cold. And don't let foods stand at room temperature for more than two hours. The germs that cause food poisoning are odorless, tasteless, and invisible, so don't take any chances. For a free copy of *Safe Handling Tips for Meat and Poultry*, write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Safe Handling Tips for Meat and Poultry (:20)

Even though that left-over chicken from your dinner party looks and smells okay, don't save it if it has been sitting out for more than two hours. The germs that cause food poisoning are odorless and tasteless, and don't change the food's appearance. Don't take chances with your health.

For a free copy of *Safe Handling Tips for Meat and Poultry*, write Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

NOVEMBER 1982

SAFE HANDLING TIPS FOR MEAT AND POULTRY (2:00) #871

WHAT DO YOU DO WHEN YOUR REFRIGERATOR OR FREEZER BREAKS DOWN, OR THE POWER GOES OUT? MOST PEOPLE ADMIT TO A RISING FEELING OF PANIC AS THEY THINK ABOUT THE FOOD THEY MIGHT LOSE. HOWEVER, THERE ARE THINGS YOU CAN DO TO PREVENT YOUR FOOD FROM SPOILING.

HERE ARE SOME TIPS FROM THE U.S. DEPARTMENT OF AGRICULTURE. KEEP YOUR REFRIGERATOR DOOR CLOSED. OPENING AND CLOSING IT "JUST TO CHECK ON HOW THE FOODS ARE DOING" WILL ONLY ACCELERATE FOOD SPOILAGE.

IF IT LOOKS LIKE THE REFRIGERATOR WILL BE OUT FOR MORE THAN A FEW HOURS, FILL PANS OR PLASTIC BAGS WITH ICE AND STICK THEM IN THE REFRIGERATOR. DON'T TAKE THE ICE FROM THE FREEZER COMPARTMENT--YOU MAY HAVE TO BUY OR BORROW IT. THE MORE ICE YOU USE, THE LONGER THE FOOD WILL KEEP COLD.

TRANSFER AS MUCH REFRIGERATED FOOD AS YOU CAN TO THE FREEZER SECTION OF YOUR REFRIGERATOR OR TO A SEPARATE FREEZER. THE PRODUCTS ALREADY FROZEN WILL KEEP THE REFRIGERATED FOODS COLD LONGER EVEN WITH NO ADDITIONAL POWER.

WHEN IT'S YOUR FREEZER THAT FAILS, THE SAME GENERAL RULE APPLIES. OPEN IT ONLY TO ADD DRY ICE OR REFRIGERATED FOODS. IF YOU MUST OPEN THE DOOR TO TAKE FOOD OUT OR PUT SOME IN, DO IT ONCE. A FULLY LOADED FREEZER WILL KEEP FOODS FROZEN FOR 2 DAYS. A HALF- FULL FREEZER WILL ONLY KEEP FOOD COLD FOR A DAY.

TWENTY-FIVE POUNDS OF DRY ICE ADDED TO A 10 CUBIC FOOT, FULLY LOADED FREEZER WILL KEEP FOODS FROZEN UP TO 3 FULL DAYS. DRY ICE BURNS BARE HANDS, SO HANDLE IT CAREFULLY WITH TONGS OR PROTECTIVE GLOVES. BE SURE TO OPEN A WINDOW OR PROVIDE OTHER VENTILATION SINCE DRY ICE VAPORS CAN ALSO BE HARMFUL.

- MORE -

ONCE THE POWER IS RESTORED, BE SURE TO CHECK YOUR FOODS AND DETERMINE THE EXTENT OF THAWING. GET RID OF ANY FOOD THAT IS OFF-COLOR OR THAT HAS AN OFF-ODOR. NEVER TASTE SUSPICIOUS MEAT OR POULTRY OR OTHER FOODS. MEATS THAT STILL HAVE ICE CRYSTALS OR HAVE MAINTAINED A 40 DEGREE F. OR LOWER TEMPERATURE (FOR LESS THAN 2 DAYS) MAY SAFELY BE REFROZEN.

FOR MORE INFORMATION, SEND FOR A COPY OF SAFE HANDLING TIPS FOR MEAT AND POULTRY. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ____________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus
November 1982

Consumer Information Center
General Services Administration
Washington, DC 20405
(202) 566-1794

Safe Handling Tips for Meat and Poultry (:60) #871

When you gather your favorite folks around for special food and fellowship, be sure you keep an eye on how long your special food is out on the groaning board. You wouldn't want to serve up food poisoning for dessert.

While not a pleasant thing to dwell on, the reality is that food spoilage can ruin even the most carefully planned dinner party.

The U.S. Department of Agriculture reminds you that to protect your guests, be sure to keep cold foods cold and hot foods hot. Don't let food stand at room temperature for more than two hours. Be inventive where you can be, and keep half of the amount in the refrigerator or cooking in the oven till needed.

Since food poisoning bacteria are tasteless, odorless, and don't change the appearance of food, you won't have any way to know they're present until after you've eaten the spoiled food. And then, it's too late.

For more information send for a copy of Safe Handling Tips for Meat and Poultry. It's free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus
November 1982

Consumer Information Center

General Services Administration

Washington, DC 20405
(202) 566-1794

Good Teeth For You and Your Baby (:30) #872

It's important to take good care of baby's teeth. The care they get will have great influence on the health of the permanent teeth and gums. According to the Department of Health and Human Services, flouride will help protect your infant's teeth. Your dentist can tell you if your water supply has adequate amounts of fluoride or if you need to use fluoride drops or tablets. To learn more, send for a free copy of Good Teeth For You And Your Baby. Write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Good Teeth for You and Your Baby (:20)

To protect baby teeth from decay, don't let your child go to sleep with a bottle in its mouth, unless it contains just plain water.

Many babies who go to sleep with a bottle of milk, formula or fruit juice develop tooth decay where a sweet liquid stays on their teeth overnight. For a free copy of Good Teeth for You and Your Baby, write Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus
NOVEMBER 1982

Consumer Information Center
General Services Administration
Washington, DC 20405
(202) 566-1794

GOOD TEETH FOR YOU AND YOUR BABY (2:00) #872

IT'S IMPORTANT TO GIVE YOUR CHILD GOOD DENTAL CARE. BUT, IT MIGHT COME AS A SURPRISE TO YOU THAT YOU CAN GIVE YOUR BABY DENTAL CARE. IN FACT, YOUR BABY'S TEETH BEGIN TO FORM EARLY IN PREGNANCY. THAT'S WHY IT IS IMPORTANT FOR YOU TO EAT GOOD FOODS THAT HAVE PLENTY OF CALCIUM WHILE YOU ARE PREGNANT. AT BIRTH, YOUR BABY WILL HAVE ABOUT 20 TEETH GROWING INSIDE THE TINY JAWS.

AS SOON AS YOUR BABY HAS THE FIRST TOOTH, YOU SHOULD BEGIN TEACHING GOOD HABITS THAT WILL HELP YOUR CHILD KEEP HEALTHY TEETH THROUGHOUT LIFE.

FLUORIDE WILL HELP PROTECT YOUR INFANT'S TEETH. IF YOUR WATER SUPPLY HAS ADEQUATE AMOUNTS OF FLUORIDE, IT WILL STRENGTHEN AND PROTECT BABY'S TEETH AGAINST DECAY. YOUR DENTIST, THE NEIGHBORHOOD HEALTH CENTER, OR THE LOCAL HEALTH DEPARTMENT CAN TELL YOU IF YOUR WATER SUPPLY HAS ENOUGH FLUORIDE IN THE WATER. IF IT DOESN'T, ASK ABOUT FLUORIDE DROPS OR TABLETS.

FEED YOUR BABY NOURISHING FOOD. AVOID CREATING A "SWEET TOOTH" IN YOUR BABY. DON'T SWEETEN CEREAL OR FRUIT TO ENCOURAGE THE CHILD TO EAT. CHILDREN WILL EAT UNSWEETENED FOOD JUST AS HAPPILY. THEN WHEN THEY'RE OLDER, THEY'LL BE SATISFIED WITH SLICES OF APPLE AND OTHER RAW FRUITS AND VEGETABLES.

AND, IT'S IMPORTANT TO CLEAN YOUR BABY'S TEETH. BABY TEETH COLLECT PLAQUE JUST LIKE ADULT TEETH AND NEED TO BE CLEANED TOO, TO PREVENT DECAY AND GUM DISEASE. USUALLY THE BABY'S FIRST TEETH ARE THE TWO LOWER FRONT ONES, FOLLOWED BY THE TWO UPPER ONES. AS SOON AS THE FIRST TOOTH APPEARS, SIMPLY WIPE IT WITH A CLEAN WASHCLOTH OR GAUZE PAD. AS MORE TEETH APPEAR, BRUSH THEM WITH A SOFT BRUSH GENTLY AND CAREFULLY EVERY DAY.

- MORE -

GOOD TEETH FOR YOU AND YOUR BABY/ADD ONE

BY THE TIME THE BABY IS TWO-AND-A-HALF YEARS OLD, ALL THE BABY TEETH WILL PROBABLY BE IN.

ABOUT THIS TIME, CHILDREN CAN BEGIN USING THEIR OWN SOFT TOOTHBRUSH WITH A FLUORIDE TOOTHPASTE. TOOTHBRUSHING TIME SHOULD BE A HAPPY TIME. TRY NOT TO MAKE A CHORE OF IT.

AND REMEMBER, SMALL CHILDREN LEARN FROM YOU. SO YOU PRACTICE GOOD DENTAL HABITS, TOO. TO LEARN MORE, WRITE FOR A COPY OF GOOD TEETH FOR YOU AND YOUR BABY. IT'S FREE FROM THE CONSUMER INFORMATION CENTER, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ________________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

November 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Good Teeth for You and Your Baby (:60) #872

It's important to give your child good dental care. But it might come as a surprise to you that you can give your baby dental care. In fact, your baby's teeth begin to form early in pregnancy. That's why it's important for you to eat good foods that have plenty of calcium while you are pregnant. At birth, your baby will have about 20 growing teeth inside the tiny jaws.

As soon as your baby has the first tooth, you should begin teaching good habits that will help your child keep healthy teeth throughout life.

Feed your baby nourishing food. Avoid creating a "sweet tooth" in your baby. Don't sweeten cereal or fruit to encourage the child to eat. Children will eat unsweetened food just as happily. Then when they're older, they'll be satisfied with slices of apple and other raw fruits and vegetables.

Be careful not to let your baby fall asleep with the bottle in its mouth unless it's just water in the bottle. Many infants who go to sleep with a bottle may develop severe tooth decay, often in their front teeth. The problem is not the bottle, but what's in it. The sugar in milk, formula, fruit juices and sweet drinks cause the decay. For a free copy of Good Teeth For You and Your Baby, write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal
Consumer
Focus

November 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Clearing The Air (:30) #873

You can stop smoking without going "cold turkey."

First spend a week just getting mentally ready. Write down all your reasons for quitting, and read the list often. Meanwhile, notice how and when you smoke--and you will discover times you are smoking automatically.

Then spend another two or three weeks cutting down, and the final withdrawal will be less abrupt. There's nothing wrong with a gradual approach, provided you have a schedule and stick to it.

Learn more in *Clearing the Air*. It's free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Clearing the Air (:20)

You can stop smoking without going "cold turkey."

If you watch how and when you smoke, you'll probably discover times you can easily do without it. Why not spend your first week or two cutting back where it's easy? A gradual approach is fine, provided you stick to a schedule.

Learn more in *Clearing the Air*--free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus
NOVEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

CLEARING THE AIR (2:15)

#873

WHEN SOME OF US JUST THINK ABOUT GIVING UP SMOKING, WE GET SO NERVOUS...THAT WE REACH FOR ANOTHER CIGARETTE. WE KNOW ABOUT THE HEALTH DANGERS IN SMOKING, BUT ALL THOSE STUDIES AND STATISTICS MATTER LESS THAN THE THOUGHT OF BEING DEPRIVED OF OUR DAILY RATION. A REMINDER FROM THE NATIONAL INSTITUTES OF HEALTH: THERE ARE MORE WAYS TO QUIT THEN JUST "COLD TURKEY."

IT CAN BE A GOOD IDEA TO DEVOTE A WEEK TO JUST GETTING YOURSELF MENTALLY READY. YOU MAY WANT TO MAKE A NOTE OF EACH CIGARETTE YOU SMOKE AND HOW IMPORTANT IT IS TO YOU. YOU COULD BE SURPRISED HOW MANY CIGARETTES YOU CAN GIVE UP WITHOUT REALLY MISSING THEM. YOU SHOULD ALSO WRITE DOWN ALL YOUR REASONS FOR WANTING TO QUIT, AND READ THE LIST OFTEN. AND IT MAY HELP TO BET SOMEBODY THAT YOU CAN QUIT--OR GET SOMEBODY TO QUIT WITH YOU.

THEN ALLOW YOURSELF TWO OR THREE WEEKS TO CUT DOWN ON YOUR SMOKING SO THAT THE FINAL WITHDRAWAL WON'T BE SO ABRUPT. ONE WAY IS TO SMOKE ONLY DURING ODD-NUMBERED OR EVEN-NUMBERED HOURS. OR SUBSTITUTE A BRAND THAT'S LOW IN TAR AND NICOTINE, OR A KIND YOU DON'T LIKE. MEANWHILE, STOP BUYING CIGARETTES BY THE CARTON AND STOP CARRYING THAT PACK AROUND WITH YOU. MAKE SMOKING LESS AUTOMATIC. MAKE YOURSELF WORK A LITTLE AND THINK A LITTLE EACH TIME YOU DO IT.

(MORE)

THE DATE YOU PICK TO GET COMPLETELY RID OF CIGARETTES SHOULD BE SACRED--NOTHING ELSE CAN INTERFERE WITH IT. PLAN SOME SORT OF SPECIAL ACTIVITY FOR THAT DAY THAT YOU'LL ENJOY, AND THAT WILL KEEP YOU PHYSICALLY BUSY. AND IN THE DAYS THAT FOLLOW, DEVOTE A LITTLE MORE TIME TO YOUR PHYSICAL APPEARANCE. NOTICE HOW MUCH CLEANER YOUR MOUTH TASTES. AND BEGIN GRADUALLY GETTING YOUR BODY INTO BETTER SHAPE. DID YOU KNOW THAT WITHIN TWELVE HOURS YOUR BODY WILL ALREADY HAVE STARTED TO HEAL ITSELF? YOU WON'T GET WINDED SO EASILY, AND YOU'LL HAVE MORE VITALITY AND PEP.

MEANWHILE, DRINK MORE FLUIDS, LIKE WATER OR FRUIT JUICE--BUT NOT ALCOHOL. AND TEMPORARILY STAY AWAY FROM SOCIAL SITUATIONS WHERE YOU'LL BE TEMPTED TO SMOKE. IF YOU GET THE "CRAZIES," TAKE A SHOWER. OR WASH YOUR HANDS. OR SIT DOWN, CLOSE YOUR EYES, AND CONCENTRATE ON FINDING THAT SPOT SOMEWHERE INSIDE OF YOU WHERE THINGS ARE CALM AND SERENE. DON'T THINK ABOUT QUITTING "FOREVER." WHEN YOU WERE SMOKING, DID YOU THINK ABOUT DOING THAT "FOREVER?" ALL YOU'LL EVER HAVE TO GET THROUGH IS ONE DAY--TODAY. THE DAYS ADD UP ON THEIR OWN. AND EACH DAY IS A LITTLE EASIER.

LEARN MORE IN THE BOOKLET, CLEARING THE AIR. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION________________________.
(STATION CALL LETTERS)

Federal Consumer Focus
NOVEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

CLEARING THE AIR (:60) #873

YOU CAN STOP SMOKING WITHOUT GOING "COLD TURKEY."

IN FACT, IT'S A GOOD IDEA TO GIVE YOURSELF A WEEK JUST TO GET MENTALLY READY. WRITE DOWN ALL YOUR REASONS FOR WANTING TO QUIT, AND READ THE LIST OFTEN. MEANWHILE, PAY ATTENTION TO EACH CIGARETTE YOU SMOKE AND WHAT IT MEANS TO YOU. YOU MAY BE SURPRISED HOW MANY OF THEM YOU'LL NEVER MISS.

SPEND ANOTHER TWO OR THREE WEEKS CUTTING DOWN, AND THE FINAL WITHDRAWAL WILL BE LESS ABRUPT. STOP CARRYING CIGARETTES AROUND WITH YOU, SO YOU DON'T SMOKE "AUTOMATICALLY." RESTRICT YOUR SMOKING TO EITHER ODD OR EVEN HOURS, OR CHANGE TO A BRAND THAT'S LOW IN TAR AND NICOTINE.

FOR THE DAY YOU QUIT ALTOGETHER, PLAN AN ACTIVITY THAT WILL KEEP YOU PHYSICALLY BUSY--AND THAT YOU'LL ENJOY. THEN IN THE DAYS THAT FOLLOW, PAY A LITTLE EXTRA ATTENTION TO YOUR APPEARANCE, WHILE YOU BEGIN GRADUALLY GETTING YOUR BODY INTO BETTER SHAPE. IT WILL HELP KEEP YOUR ATTENTION ON WHAT YOU'RE ACCOMPLISHING, RATHER THAN WHAT YOU'RE GIVING UP.

FOR MORE TIPS, SEND FOR CLEARING THE AIR--FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

874-881

Federal Consumer Focus

DECEMBER 1982

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

#874

NEWARK PUBLIC LIBRARY
DEC 21 1982
U. S. GOVT. PUBS.
DEPOSITORY 376

SALES OF FEDERAL REAL ESTATE (:30)

THE GOVERNMENT GAVE AWAY OR SOLD LAND CHEAPLY DURING OUR OLD WEST DAYS. TODAY THOUGH, THE FEW PARCELS THAT THE GOVERNMENT DOES SELL COST AS MUCH OR MORE THAN COMPARABLE PRIVATELY-OWNED LAND. SO DON'T BE TRICKED INTO PAYING MONEY FOR SUPPOSEDLY INSIDE INFORMATION ON LOW-COST LAND SALES. CHECK OUT THE COMPANIES THROUGH YOUR LOCAL CONSUMER AFFAIRS OFFICE. AND, GET A FREE LIST OF PROPERTY FOR SALE BY THE GENERAL SERVICES ADMINISTRATION. WRITE SALES OF FEDERAL REAL ESTATE, CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

SALES OF FEDERAL REAL ESTATE (:20)

WHEN UNCLE SAM'S FEDERAL REAL ESTATE HOLDINGS AREN'T NEEDED ANY LONGER, THEY ARE SOLD TO THE PUBLIC. AND THE GENERAL SERVICES ADMINISTRATION PUBLISHES A FREE LISTING OF THE PROPERTIES FOR SALE. FOR A FREE COPY OF SALES OF FEDERAL REAL ESTATE, WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # #

GS 11.9/3:

Federal Consumer Focus

DECEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794
874

SALES OF FEDERAL REAL ESTATE (2:00)

DO YOU YEARN FOR A PIECE OF LAND ALL YOUR OWN? IF SO, YOU MAY WONDER WHAT THE CHANCES ARE FOR ACQUIRING SOME OF THAT FREE OR CHEAP GOVERNMENT LAND. MANY PEOPLE ASK THIS QUESTION BECAUSE PUBLIC LAND WAS GIVEN AWAY FOR HOMESTEADING OR SOLD FOR NEXT TO NOTHING BY THE FEDERAL GOVERNMENT IN THE DAYS OF THE OLD WEST.

HOWEVER, HOMESTEADING ON PUBLIC LANDS IS VIRTUALLY A THING OF THE PAST. AND THE FEW PARCELS THE GOVERNMENT DOES SELL COST AS MUCH OR PERHAPS MORE THAN COMPARABLE PRIVATELY OWNED LAND.

YET, EACH YEAR MANY UNKNOWING CITIZENS PAY THOUSANDS OF DOLLARS FOR SERVICES AND INFORMATION ABOUT ALLEGED LAND SALES, THINKING THEY'RE GETTING INSIDE TIPS. SO, BE WARY OF LAND PROMOTERS WITH COMPANY NAMES THAT GIVE THE IMPRESSION THEY ARE PART OF THE U.S. GOVERNMENT. BEFORE YOU INVEST IN WHAT IS SUPPOSEDLY "INSIDE INFORMATION," CHECK OUT THE COMPANY THROUGH THE BETTER BUSINESS BUREAU OR THE CONSUMER AFFAIRS OFFICE IN THE COMPANY'S HOME STATE OR HOMETOWN. FOR THE ADDRESSES OF THESES AGENCIES, CHECK THE NEAREST LIBRARY, BETTER BUSINESS BUREAU, OR CONSUMER OFFICE.

TWO LEGITIMATE SOURCES DO EXIST FOR THE SALE OF PUBLIC AND GOVERNMENT LAND. THE BUREAU OF LAND MANAGEMENT (BLM) IN THE DEPARTMENT OF INTERIOR IS THE OFFICIAL SOURCE FOR THE SALE OF PUBLIC LANDS. AND YOU CAN GET INFORMATION FROM THE STATE BLM OFFICE FOR THE GEOGRAPHICAL AREA THAT INTERESTS YOU.

(MORE)

SALES OF FEDERAL REAL ESTATE/ADD ONE

AND THE GENERAL SERVICES ADMINISTRATION (GSA) IS RESPONSIBLE FOR SELLING THE NATION'S FEDERAL REAL ESTATE HOLDINGS THAT AREN'T NEEDED OR THAT ARE UNDER UTILIZED. MOST OF THESE SURPLUS PROPERTIES WILL BE SOLD TO THE GENERAL PUBLIC THROUGH SEALED BIDS. THEY INCLUDE RESIDENTIAL, COMMERCIAL, AND INDUSTRIAL PROPERTIES, BUILDINGS AND FARMLAND.

GSA PUBLISHES A FREE, QUARTERLY LISTING OF PROPERTIES FOR SALE. ONE EXAMPLE IS CAMP LONELY, ON THE NORTH SLOPE OF ALASKA. IT'S AN ISOLATED, INDUSTRIAL, FULLY OPERATIONAL WORK CAMP. OTHER TYPES OF LISTING INCLUDE A HOTEL IN BROOKLYN, NEW YORK, AND A PORTION OF SHERMAN INDIAN SCHOOL, IN RIVERSIDE, ARIZONA.

FOR OTHER LISTINGS, SEND FOR A FREE COPY OF SALES OF FEDERAL REAL ESTATE. WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ________________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus
DECEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#874

SALES OF FEDERAL REAL ESTATE (:60)

IF YOU WANT FREE LAND FOR HOMESTEADING, FORGET IT. THERE IS NO GOVERNMENT LAND IN THE LOWER 48 STATES THAT IS STILL AVAILABLE FOR HOMESTEADING. AND WHILE SOME COMPANIES ADVERTISE THAT FOR A "SMALL FEE" THEY WILL NOTIFY YOU WHEN GOVERNMENT LAND IS AVAILABLE, YOU CAN NOW FIND OUT ABOUT IT WITHOUT PAYING ANY FEES TO A PRIVATE COMPANY.

THE GENERAL SERVICES ADMINSTRATION IS SELLING SOME FEDERAL LAND THAT THE GOVERNMENT NO LONGER HAS ANY USE FOR. BUT NOT UNDER THE OLD HOMESTEADING TERMS. THIS LAND IS BEING SOLD AT FAIR MARKET VALUE USUALLY BY SEALED BID OR IN OPEN AUCTION.

THE REAL ESTATE THAT THE GOVERNMENT IS SELLING RANGES FROM VERY SMALL LOTS TO INDUSTRIAL COMPLEXES TO BUILDINGS THAT HAVE TO BE MOVED. IT ALSO INCLUDES SOME FARM LAND AND COMMERCIAL BUILDINGS IN CITIES.

ONE THING ABOUT THIS REAL ESTATE IS THAT IT IS SOLD ON AN "AS IS, WHERE IS" BASIS. THAT MEANS THAT WHAT YOU SEE IS WHAT YOU GET. SO IT IS VERY IMPORTANT TO INSPECT THIS PROPERTY CAREFULLY BEFORE YOU BID.

TO LEARN WHAT GOVERNMENT REAL ESTATE WILL BE FOR SALE IN THE NEXT FEW MONTHS, SEND FOR A COPY OF THE LISTING, SALES OF FEDERAL REAL ESTATE. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus
DECEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#875

INSOMNIA (:30)

LABORATORY RESEARCH SHOWS THAT PRACTICALLY ALL SLEEPING PILLS LOSE THEIR SLEEP PROMOTING EFFECTIVENESS AFTER 3 TO 14 DAYS OF CONTINOUS USE. BUT, IF YOU SUFFER FROM INSOMNIA, YOU CAN MAKE BEHAVIOR CHANGES THAT MAY HELP; GET REGULAR EXERCISE DURING THE DAY; EAT AND DRINK MODERTELY, ESPECIALLY NEAR BEDTIME; AND DON'T VARY YOUR SLEEPING TIMES. FOR OTHER SOUND ADVICE, SEND FOR THE FREE FDA FACTSHEET INSOMNIA, FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

INSOMNIA (:20)

IF YOU'RE IN THE EARLY STAGES OF PREGNANCY, CHANCES ARE YOU MAY BE SLEEPIER THAN USUAL. INCREASED LEVELS OF CERTAIN HORMONES CAN AFFECT SLEEP PATTERNS. THE REVERSE IS ALSO TRUE. MANY WOMEN EXPERIENCE INSOMNIA ALONG WITH PRE-MENSTRUAL TENSION. FOR MORE INFORMATION SEND FOR THE FREE FDA FACTSHEET, INSOMNIA. WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

December 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#875

Insomnia (1:45)

If the late, late show is over but you're still wide awake, you could have insomnia. Almost everyone has an occasional sleepless night. But for those who frequently find falling asleep a real challenge, the Food and Drug Administration offers sound advice on what causes insomnia and how to get over it.

According to FDA, millions of Americans buy over-the-counter (OTC) drugs and prescription drugs to help restore normal sleep habits. Others, concerned with publicity about the widespread and haphazard use of sleep aids, are trying other methods.

What are some alternatives to the use of drugs to treat insomnia? First, have a complete physical exam to rule out all possible medical problems. If there is no known physical connection or cause for your sleeplessness, examine your lifestyle for clues. Could it be that you overuse caffeine or other stimulants? Maybe you have irregular times for going to bed and getting up or even take daytime naps. Do you avoid exercise? Do you tend to overuse alcohol? Another factor that may make insomnia worse is the very fear that you won't be able to sleep.

So, if you recognize any of these behaviors, modifying them may help relieve your insomnia. For example, plan exercise during the day on a regular basis. Don't exercise just before bedtime. Make your bedtime snack a glass of milk or a decaffeinated beverage, and consciously set aside time to relax and unwind before you turn in.

(MORE)

INSOMNIA/ADD ONE

IF THESE EFFORTS ARE NOT SUCCESSFUL, YOUR PHYSICIAN CAN ALSO REFER YOU TO A SLEEP CLINIC WHERE YOUR SLEEP PATTERNS CAN BE CLOSELY MONITORED AND EXAMINED...FOR MORE SUGGESTIONS ON FINDNG EFFECTIVE SOLUTIONS TO SLEEPLESSNESS, SEND FOR A COPY OF INSOMNIA. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

Federal Consumer Focus

DECEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#875

INSOMNIA (:60)

MILLIONS OF AMERICANS BUY OVER-THE-COUNTER (OTC) DRUGS AND PRESCRIPTION DRUGS TO HELP RESTORE NORMAL SLEEP HABITS. OTHERS, CONCERNED WITH PUBLICITY ABOUT THE WIDESPREAD USE OF SLEEP AIDS, ARE TRYING OTHER METHODS.

WHAT ARE SOME ALTERNATIVES TO THE USE OF DRUGS TO TREAT INSOMNIA? THE FDA RECOMMENDS THAT YOU FIRST HAVE A COMPLETE PHYSICAL EXAM TO RULE OUT ALL POSSIBLE MEDICAL PROBLEMS. YOU THEN, EXAMINE YOUR LIFESTYLE FOR CLUES. COULD IT BE THAT YOU OVERUSE CAFFEINE OR OTHER STIMULANTS? MAYBE YOU HAVE IRREGULAR TIMES FOR GOING TO BED AND GETTING UP, OR EVEN TAKE DAYTIME NAPS. DO YOU AVOID EXERCISE? DO YOU TEND TO OVERUSE ALCOHOL? ANOTHER FACTOR THAT MAY MAKE INSOMNIA WORSE IS THE VERY FEAR THAT YOU WON'T BE ABLE TO SLEEP.

SO, IF YOU RECOGNIZE ANY OF THESE BEHAVIORS, MODIFYING THEM MAY HELP RELIEVE YOUR INSOMNIA. FOR EXAMPLE, PLAN EXERCISE DURING THE DAY ON A REGULAR BASIS. DON'T EXERCISE JUST BEFORE BEDTIME. MAKE YOUR BEDTIME SNACK A GLASS OF MILK OR A DECAFFEINATED BEVERAGE, AND CONSCIOUSLY SET ASIDE TIME TO RELAX AND UNWIND BEFORE YOU TURN IN.

FOR MORE SUGGESTIONS ON FINDING EFFECTIVE SOLUTIONS TO SLEEPLESSNESS, SEND FOR A COPY OF INSOMNIA. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus
DECEMBER 1982

Consumer Information Center
General Services Administration
Washington, DC 20405
(202) 566-1794

#876

MISSING CHILDREN (:30)

IF YOU ARE THE PARENT OR GUARDIAN OF A MISSING CHILD, YOU SHOULD KNOW THAT A NEW LAW ALLOWS YOU TO CHECK TO MAKE SURE THAT INFORMATION ABOUT YOUR CHILD HAS BEEN ENTERED INTO THE FBI'S NATIONAL CRIME INFORMATION CENTER COMPUTER. YOUR LOCAL POLICE SHOULD HAVE ENTERED YOUR MISSING CHILD'S COMPLETE DESCRIPTION INCLUDING DENTAL CHARTS, BLOOD TYPE, AND IDENTIFYING MARKS OR SCARS. YOU CAN VERIFY THAT THIS IS ON FILE NATIONWIDE BY CONTACTING YOUR NEAREST FBI OFFICE LISTED IN THE U.S. GOVERNMENT SECTION OF YOUR PHONE BOOK.

# # # #

MISSING CHILDREN (:20)

IF YOUR CHILD IS MISSING, THE MISSING CHILDREN ACT ALLOWS YOU TO CHECK WITH THE FBI TO SEE WHETHER THE INFORMATION YOU GAVE TO THE LOCAL POLICE HAS BEEN ENTERED INTO THE NATIONAL CRIME INFORMATION CENTER COMPUTER. THIS COMPUTER IS USED BY POLICE ALL OVER THE COUNTRY TO HELP IDENTIFY MISSING PERSONS AS WELL AS CRIMINALS. THE FBI IS LISTED UNDER THE U.S. GOVERNMENT IN YOUR PHONE BOOK.

# # # #

Federal Consumer Focus
DECEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#876

MISSING CHILDREN (2:00)

MORE THAN 150,000 CHILDREN ARE REPORTED MISSING EACH YEAR. ABOUT TWO-THIRDS OF THEM HAVE BEEN TAKEN BY ONE OF THEIR PARENTS OR THEY HAVE RUN AWAY ON THEIR OWN. BUT ABOUT ONE-THIRD OF THEM SIMPLY VANISH. IN THE PAST, SEARCHES WERE OFTEN FRAGMENTED, WITH LITTLE OR NO COMPREHENSIVE WAY OF TRACKING CHILDREN IN OTHER PARTS OF THE COUNTRY.

ALTHOUGH THE FBI HAS BEEN LISTING THE NAMES, AGES, AND IDENTIFYING CHARACTERISTICS OF THE MISSING CHILDREN IN THEIR NATIONAL CRIME INFORMATION CENTER COMPUTER, THERE HAS BEEN NO SIMPLE WAY FOR PARENTS TO MAKE SURE THAT THEIR CHILDREN'S NAMES HAVE BEEN ENTERED INTO THE COMPUTER BY THEIR LOCAL POLICE.

NOW THE MISSING CHILDREN ACT ALLOWS PARENTS TO CHECK DIRECTLY WITH THE FBI TO MAKE SURE THAT THEIR MISSING CHILD IS LISTED. IF THEY FIND THE LOCAL POLICE HAVE NOT ENTERED THE INFORMATION, AND, IF THE INFORMATION IS NOT ENTERED AFTER ASKING THE LOCAL POLICE TO ENTER IT AGAIN, THEN PARENTS MAY PROVIDE THEIR CHILD'S NAME AND DESCRIPTION DIRECTLY TO THE FBI.

THERE IS ONE OTHER PART OF THE ACT THAT ESTABLISHES A NEW ACTIVITY BY THE NATIONAL CRIME INFORMATION CENTER COMPUTER: THAT IS A LISTING OF IDENTIFYING CHARACTERISTICS FOR UNIDENTIFIED BODIES. THIS LIST WILL BE CROSS CHECKED AGAINST THE LIST OF MISSING CHILDREN. EACH YEAR THERE ARE AROUND 2,000 UNIDENTIFIED BODIES DISCOVERED, MANY OF THEM CHILDREN. THIS NEW CROSS-CHECK SHOULD HELP TO CLEAR UP SOME OF THESE IDENTITY QUESTIONS.

(MORE)

MISSING CHILDREN/ADD ONE

IF YOU ARE THE PARENT OR GUARDIAN OF A MISSING CHILD AND YOU WANT TO REPORT THIS FACT, CHECK WITH YOUR LOCAL POLICE. BE PREPARED TO PROVIDE MEDICAL INFORMATION INCLUDING THINGS SUCH AS DENTAL CHARTS, BLOOD TYPE, SCARS, BONES THAT HAVE BEEN BROKEN, AND ANY OTHER IDENTIFYING MARKS. IF THE LOCAL POLICE ARE NOT WILLING TO PUT THIS INFORMATION INTO THE COMPUTER, YOU CAN CALL THE FBI AND HAVE IT ENTERED DIRECTLY.

IF THE POLICE ARE HELPFUL, AND MOST WILL BE, YOU MIGHT STILL WANT TO CHECK THE FBI LISTING TO MAKE SURE THE INFORMATION IS CORRECT. YOUR LOCAL FBI OFFICE IS LISTED IN THE U.S. GOVERNMENT SECTION OF YOUR TELEPHONE BOOK.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus
DECEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#876

HOLIDAY SAFETY (:30)

IF YOU'RE BUYING A CUT CHRISTMAS TREE THIS YEAR, MAKE SURE IT'S FRESH BY TAPPING THE BOTTOM ON THE GROUND. IF MANY NEEDLES FALL OFF, DON'T BUY IT. AN OVERLY DRY TREE CAN BE A FIRE HAZARD. IF YOU HAVE A METAL TREE, LIGHT IT WITH SPOTS FROM UNDERNEATH. OTHERWISE, IT COULD CAUSE SERIOUS SHOCKS. ANOTHER HOLIDAY SAFETY MEASURE IS TO CHECK YOUR SMOKE DETECTOR TO MAKE SURE IT IS IN GOOD WORKING ORDER. IF YOU DON'T HAVE ONE, THE CONSUMER PRODUCT SAFETY COMMISSION SAYS THAT IT'S ONE OF THE BEST GIFTS YOU COULD GIVE YOUR FAMILY. AFTER ALL, SAFETY IS A GIFT WITHOUT PRICE.

# # # #

HOLIDAY SAFETY (:20)

TO MAKE SURE THAT YOUR FAMILY HAS A SAFE HOLIDAY THIS YEAR, MAKE SURE YOUR SMOKE DETECTOR IS IN GOOD WORKING ORDER. IF YOU DON'T HAVE A SMOKE DETECTOR, THE CONSUMER PRODUCT SAFETY COMMISSION SAYS THAT IT'S ONE OF THE BEST GIFTS YOU COULD GIVE YOUR FAMILY. AFTER ALL, SAFETY IS A GIFT WITHOUT PRICE.

# # # #

Federal Consumer Focus
December 1982

Consumer Information Center
General Services Administration
Washington, DC 20405
(202) 566-1794

#877

Consumer Education Standards (:30)

If you're in business and planning to produce information materials for your customers, check with the Society of Consumer Affairs Professionals in Business first. They have developed guidelines that can help you in conjunction with the U.S. Office of Consumer Affairs. For a free copy of these guidelines, send your name and address to SOCAP, 4900 Leesburg Pike, Alexandria, Virginia 22302. Or you can call 703/998-7371.

# # # #

Advertising, Packaging, and Labeling (:20)

You're finally in business for yourself and about to introduce your exciting new product. Make sure your advertising, packaging, and labeling tell the whole story, but don't go overboard. There are federal laws regarding contents, warranties, price, and safety that you must meet. To learn more, send for a copy of the U.S. Department of Commerce book, Advertising, Packaging, and Labeling. It's $2.50 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

December 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#877

Product Warranties and Servicing (:60)

If you're in business, you may frequently have heard, "It's under warranty, so you've got to fix it."

Most people think that a warranty does say just that. And implied warranties, in other words what you suggest just by the fact you sell the product, do give people almost all of that protection. But there are other types of warranties as well. A limited warranty covers only what it says in the warranty papers. A full warranty covers every part of the product made by that manufacturer. But that could mean that it covers the car, but not the tires.

There is a great deal you need to learn about establishing warranties if you are in business. You also need to know how to set up warranty servicing programs. The U.S. Department of Commerce has a book that describes the legal requirements, how to prepare and update warranty information, and how to set up a warranty servicing program.

For your copy of Product Warranties and Servicing, send $2.75 to Consumer Focus, Pueblo, Colorado. That's Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus
DECEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#877

ADVERTISING, PACKAGING, AND LABELING (:60)

WHEN YOU ARE RUNNING YOUR OWN BUSINESS, YOU NEED TO FOLLOW ACCEPTABLE PRACTICES FOR PACKAGING, LABELING, AND ADVERTISING. OTHERWISE, YOU COULD LOSE CUSTOMERS, AS WELL AS BE IN LEGAL TROUBLE.

SO HERE ARE SOME SUGGESTIONS FROM THE U.S. DEPARTMENT OF COMMERCE TO HELP YOU AVOID THE PITFALLS.

THERE ARE CERTAIN SPECIFIC REQUIREMENTS UNDER THE LAW FOR PACKAGING AND LABELING. THEY REQUIRE THAT THE PRODUCT MUST BE CLEARLY IDENTIFIED AND THAT THE NAME AND ADDRESS OF THE MANUFACTURER OR DISTRIBUTOR MUST BE ON THE LABEL. ANY GRAPHICS HAVE TO ACCURATELY REFLECT THE CONTENTS OF THE PACKAGE.

YOU WILL ALSO HAVE TO DISCLOSE THE NET QUANTITY OF THE CONTENTS BY WEIGHT, MEASURE, SIZE, OR COUNT. CHECK WITH THE APPROPRIATE FEDERAL AGENCY TO FIND OUT HOW THE QUANTITY AND THE MAKEUP OF THE CONTENTS SHOULD BE LISTED.

FINALLY, MAKE SURE ANY INSTRUCTIONS AND THE PRICE ARE CLEARLY DISPLAYED.

TO LEARN MORE, SEND FOR A COPY OF ADVERTISING, PACKAGING, AND LABELING. IT'S $2.50 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus
DECEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#877

MANAGING CONSUMER COMPLAINTS (:60)

IF YOU ARE IN BUSINESS, THERE WILL COME A TIME WHEN ONE OF YOUR CUSTOMERS WILL HAVE A COMPLAINT. THE BEST WAY TO HANDLE IT IS DIRECTLY AND QUICKLY.

THAT SEEMS SIMPLE, BUT IT'S NOT AS EASY AS IT SOUNDS. THE U.S. DEPARTMENT OF COMMERCE NOTES THAT IT IS REALLY IMPORTANT TO SET UP METHODS FOR HANDLING CONSUMER COMPLAINTS BEFORE THE FIRST ONE EVER HAPPENS.

FOR INSTANCE, WHO IS GOING TO SETTLE COMPLAINTS? WILL IT BE THE SALES PERSON, OR WILL COMPLAINTS BE PASSED ON TO A SUPERVISOR? IF THE CUSTOMER IS NOT HAPPY WITH THAT PERSON, WHO WILL BE NEXT IN LINE OF RESPONSIBILITY?

WHO WILL KEEP TRACK OF COMPLAINTS? IF YOU FIND THAT THERE ARE MANY COMPLAINTS ABOUT A PARTICULAR PRODUCT, THAT SHOULD HELP YOU AS A MANAGER IN DECIDING WHAT PRODUCTS YOU WILL CARRY OR HOW THEY NEED TO BE IMPROVED. BUT IF THERE ARE NO RECORDS, YOU WON'T BE ABLE TO MAKE THOSE DECISIONS.

THERE ARE MANY OTHER THINGS YOU NEED TO THINK ABOUT IN HANDLING COMPLAINTS, SUCH AS WARRANTIES AND CUSTOMER EDUCATION. TO LEARN MORE, SEND FOR A COPY OF MANAGING CONSUMER COMPLAINTS. IT'S $2.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus
DECEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

THE REPAIR OF HISTORIC WOODEN WINDOWS (2:15) #878

EVERYONE HAS TO DO SOMETHING TO THEIR WINDOWS AT SOME POINT OR ANOTHER. WASHING THEM IS THE MOST COMMON ACTIVITY. BUT IT TAKES A BIT MORE KNOW-HOW TO REPAIR WINDOWS SO THEY FIT TIGHTLY, WORK SMOOTHLY, AND DON'T LOOK LIKE SOMETHING OUT OF AN ABANDONED HOUSE.

THE U.S. DEPARTMENT OF THE INTERIOR HAS THIS ADVICE FOR YOU ON PROTECTING YOUR WOODEN FRAME WINDOWS FROM THE WEATHER.

ONE AREA THAT CAN CAUSE TROUBLE IS THE WINDOW SILL. BECAUSE IT IS FLAT AND IS EXPOSED TO THE WEATHER, IT'S ONE OF THE FIRST PLACES TO NEED PAINT. BUT, IF THE SILL LOOKS LIKE IT HAS ALLIGATOR SKIN, YOU'VE GOT TO REMOVE ALL OF THE OLD PAINT BEFORE YOU REPAINT. YOU CAN DO THIS WITH CHEMICAL PAINT PEMOVER, HEAT AND A SCRAPER, OR BY LIGHT SANDING.

ONCE YOU HAVE THE OLD PAINT OFF, WATERPROOF THE SILL WITH TWO OR THREE APPLICATIONS OF BOILED LINSEED OIL. ALLOW 24 HOURS BETWEEN EACH APPLICATION.

THEN FILL ALL CRACKS AND HOLES WITH PUTTY. USING A PUTTY KNIFE, WORK IT WELL INTO THE CRACKS SO THERE WILL BE NO SPACES. THIS REQUIRES SOME MUSCLE. THEN SMOOTH OUT THE WHOLE AREA AND MAKE SURE IT HAS A SLIGHT SLOPE AWAY FROM THE BUILDING SO IT WON'T COLLECT WATER.

WHEN THE PUTTY HAS FORMED A SKIN, PRIME THE WHOLE AREA AND PAINT IT WITH A HIGH QUALITY ENAMEL.

(MORE)

THE REPAIR OF HISTORIC WOODEN WINDOWS/ADD ONE

WHILE YOU ARE WORKING ON THE OUTSIDE OF THE WINDOW, MAKE SURE THAT THE PUTTY HOLDING THE GLASS IN PLACE IS IN GOOD CONDITION. IF IT IS CRACKING OR CHIPPED, YOU SHOULD SCRAPE OUT ALL OF THE OLD PUTTY AND REPLACE IT. YOU CAN USE A HAIR DRYER TO HELP SOFTEN THE PUTTY. JUST BE SURE TO PROTECT THE GLASS WITH A SHEET OF ALUMINUM FOIL ON GYPSUM BOARD SO IT WON'T CRACK.

ONCE YOU HAVE THE OLD PUTTY OUT, REMOVE THE GLAZING POINTS THAT HOLD THE GLASS IN PLACE. THEN YOU SHOULD BE ABLE TO REMOVE THE GLASS FROM THE FRAME WITH GENTLE PRESSURE. CLEAN THE OLD PUTTY FROM THE GLASS, AND SAND OUT THE AREA THAT HOLDS THE GLASS. THEN PUT A THIN LAYER OF GLAZING COMPOUND IN THE FRAME, LAY THE GLASS ON IT, PUT THE POINTS BACK IN TO HOLD THE GLASS, AND PUT A LAYER OF GLAZING COMPOUND ON TOP BEVELED TO THE EDGE OF THE FRAME.

THERE ARE MANY MORE REPAIRS THAT YOU CAN MAKE TO KEEP YOUR WINDOWS IN GOOD SHAPE UNTIL THEY BECOME HISTORIC. TO LEARN HOW, SEND FOR A COPY OF THE REPAIR OF HISTORIC WOODEN WINDOWS. IT'S $1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus
DECEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#878

THE REPAIR OF HISTORIC WOODEN WINDOWS (1:30)

IF YOUR WINDOWS ARE HARD TO OPEN, THE PROBLEM COULD BE THAT THE SASH CORD IS BROKEN. "WHAT," YOU SAY, "IS A SASH CORD?"

IT IS THE ROPE OR CHAIN THAT ATTACHES TO HEAVY WEIGHTS ON ONE END AND TO THE SIDE OF YOUR WINDOW ON THE OTHER. THE WEIGHTS COUNTER-BALANCE THE WINDOW AND MAKE IT SO YOU DON'T HAVE TO PUT A STICK UNDER IT TO KEEP IT OPEN. THEY ALSO MAKE THE WINDOW OPENABLE WITH LESS THAN HERCULEAN STRENGTH.

SO HERE ARE SOME SUGGESTIONS FROM THE U.S. DEPARTMENT OF THE INTERIOR IF YOU ARE HAVING A PROBLEM OPENING YOUR WINDOWS OR KEEPING THEM OPEN.

TO REMOVE THE LOWER SASH, YOU FIRST HAVE TO TAKE OFF THE WINDOW STOP. THAT IS THE THIN PIECE OF MOLDING ALONGSIDE THE WINDOW. CUT THE PAINT SEAL BETWEEN THE WINDOW FRAME AND THE STOP WITH A SHARP KNIFE OR RAZOR. THEN GENTLY EASE THE STOP LOOSE USING A COUPLE OF PUTTY KNIVES.

ONCE THE STOP IS OFF, THE WINDOW SASH SHOULD COME OUT OF THE FRAME WHEN IT IS RAISED SLIGHTLY. WHEN IT'S OUT, YOU'LL NOTICE A CHANNEL ON EACH SIDE OF THE WINDOW THAT THE SASH CORD FITS INTO. POKE AROUND AT THE END AND YOU SHOULD SEE A COUPLE OF NAILS THAT ARE HOLDING THE KNOT ON THE CORD IN PLACE. TAKE THEM OUT, UNTIE THE KNOT, AND THE CORD SHOULD COME OUT.

(MORE)

THE REPAIR OF HISTORIC WOODEN WINDOWS/ADD ONE

WITH A SCREW DRIVER, OPEN UP THE OPENING THAT SHOULD BE IN THE SIDE OF THE WINDOW FRAME. INSIDE YOU'LL SEE THE WEIGHTS. FEED THE NEW SASH CORD OVER THE PULLY AT THE TOP OF THE FRAME AND TIE IT TO THE WEIGHTS. PULL THE WEIGHTS UP SO YOU CAN SEE HOW HIGH THEY GO, THEN CUT THE OTHER END OF THE ROPE A LITTLE LONGER THAN YOU NEED TO REACH THE END OF THE CHANNEL ON THE SIDE OF THE WINDOW.

FEED THE SASH ROPE THROUGH THE CHANNEL IN THE SIDE OF THE WINDOW, MAKE THE KNOT AT THE RIGHT PLACE, TAP IN A NAIL TO HOLD THE KNOT SECURELY, AND THAT SIDE IS DONE.

NOW THIS MAY ALL SOUND LIKE A LOT MORE THAN YOU CAN DO. BUT IT'S NOT THAT HARD AND YOU CAN LEARN HOW TO DO IT.

ONE WAY TO LEARN IS TO SEND FOR A COPY OF THE REPAIR OF HISTORIC WOODEN WINDOWS. IT'S $1.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

DECEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#879

A WORKING WOMAN'S GUIDE TO HER JOB RIGHTS (:30)

IF YOU'RE WORKING AND ALSO EXPECTING A BABY, THE DEPARTMENT OF LABOR REMINDS YOU THAT IT IS ILLEGAL FOR EMPLOYERS TO TERMINATE YOU OR FORCE YOU TO GO ON LEAVE AT AN ARBITRARY POINT DURING PREGNANCY. HOWEVER, THE LAW DOES NOT REQUIRE AN EMPLOYER TO GIVE YOU ANY SPECIFIC NUMBER OF WEEKS FOR MATERNITY LEAVE. THERE'S MORE INFORMATION IN A WORKING WOMAN'S GUIDE TO HER JOB RIGHTS. FOR A COPY, SEND $2.75 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

A WORKING WOMAN'S GUIDE TO HER JOB RIGHTS (:20)

IF YOU ARE THE VICTIM OF SEXUAL HARASSMENT ON THE JOB, YOU CAN FILE A CHARGE AGAINST YOUR EMPLOYER--EVEN IF THE SEXUAL ADVANCES ARE BEING MADE BY YOUR CO-WORKERS. FOR MORE INFORMATION AND ASSISTANCE IN FILING A SEX HARASSMENT COMPLAINT, CONTACT THE EQUAL EMPLOYMENT OPPORTUNITY COMMISSION. IT'S LISTED IN THE PHONE BOOK UNDER U.S. GOVERNMENT.

# # # #

Federal Consumer Focus
December 1982

Consumer Information Center
General Services Administration
Washington, DC 20405
(202) 566-1794
#879

A Working Woman's Guide To Her Job Rights (2:00)

If you're a woman, your legal rights regarding jobs and job hunting have changed considerably in recent years. And, no matter where you are in the work cycle--looking for a job, glad you've got one, or enjoying retirement--it's important to know what your rights are.

Here are a few examples from the U.S. Department of Labor:

When you're looking for a job, several federal laws protect you by prohibiting discrimination in recruitment, testing, referrals, and hiring. With a few exceptions, guidelines from the Equal Employment Opportunity Commission say it's a violation to label jobs as "men's jobs" or women's jobs, or to refuse to hire an individual based on the preferences of co-workers or customers. It's also illegal for an employer to refuse to hire a woman because she has young children.

When you're actually in a job, a variety of laws protect you from discrimination regarding wages, hours, and occupational safety and health. The Equal Pay Act prohibits unequal pay for women and men who work in the same establishment and whose jobs require equal skill, effort, and responsibility. Pay differences based on seniority or merit are permitted.

Federal laws also protect your retirement benefits. Divorced spouses of eligible workers are now also entitled to benefits if the marriage lasted at least 10 years. The amount of the monthly benefit is determined at the time you apply at the local Social Security office.

(MORE)

A WORKING WOMAN'S GUIDE TO HER JOB RIGHTS/ADD ONE

WITH MORE THAN A DOZEN FEDERAL AGENCIES, AS WELL AS STATE OFFICES ENFORCING EMPLOYMENT LAWS AND PRACTICES, IT'S EASY TO BE CONFUSED. FOR A LISTING OF WHICH AGENCY TO CONTACT IF YOU FEEL YOUR RIGHTS HAVE BEEN VIOLATED, AS WELL AS MORE SPECIFICS ON HOW THESE LAWS PROTECT YOU, SEND FOR A WORKING WOMAN'S GUIDE TO HER JOB RIGHTS. IT'S $2.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

Federal Consumer Focus
December 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#879

Age Discrimination (:60)

If you are over 40 and you're job-hunting, you should know about the Age Discrimination in Employment Act. It prohibits discrimination on the basis of age against any person between the ages of 40 and 70. (There is no upper age limit with respect to employment in the Federal Government.)

The law applies to all public employers, private employers with 20 or more employees, employment agencies serving covered employers, and labor unions with more than 25 members.

This law also prohibits help-wanted ads which indicate preference, limitation, or specifics based on age. For instance, terms such as "girl" or "35-55" may not be used because they exclude qualified applicants based on age.

Naturally the law doesn't apply when age is a bona fide occupational qualification, such as modeling "junior miss" fashions; or differences which are based on reasonable factors other than age, such as using physical examinations where the job has heavy physical demands. For additional information about this law, contact the nearest Equal Employment Opportunity Commission field office.

# # # #

Federal Consumer Focus

DECEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#880

INTERFERON (:30)

INTERFERON IS A PROTEIN, PRODUCED NATURALLY BY THE BODY. IT HAS RECENTLY GOTTEN UP PEOPLE'S HOPES AS A POTENTIAL TREATMENT FOR CANCER. BUT, SAYS THE FOOD AND DRUG ADMINISTRATION, WHILE INTERFERON INJECTIONS HAVE BROUGHT ABOUT IMPRESSIVE SHORT TERM RESULTS IN SOME CANCER PATIENTS, OPTIMISTIC EARLY CLAIMS NEED A LOT MORE TESTING. INTERFERON CAN BE ARTIFICIALLY PRODUCED, BUT IN MINUTE QUANTITIES AND AT GREAT EXPENSE. PART OF WHAT IS NOT KNOWN YET IS WHETHER INTERFERON MADE BY DIFFERENT METHODS AND MANUFACTURERS WILL HAVE THE SAME BIOLOGICAL EFFECTS.

FPR A FREE COPY OF INTERFERON WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

INTERFERON (:20)

INJECTIONS OF INTERFERON, A NATURALLY PRODUCED PROTEIN, HAVE HAD IMPRESSIVE SHORT TERM RESULTS IN SOME CANCER PATIENTS. HOWEVER, THE FOOD AND DRUG ADMINISTRATION SAYS THAT SOME OF THE EARLY CLAIMS FOR INTERFERON MAY HAVE BEEN OPTIMISTIC. TESTING IS LONG-TERM BECAUSE INTERFERON CAN ONLY BE PRODUCED ARTIFICALLY IN MINUTE QUANTITIES AND IT TAKES MILLIONS OF UNITS TO CAUSE A MEASURABLE EFFECT.

FOR A FREE COPY OF INTERFERON, WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

DECEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#880

INTERFERON (2:00)

INTERFERON HAS RECEIVED A LOT OF ATTENTION, AS A POTENTIAL TREATMENT FOR CANCER AND MANY PEOPLE HAVE GOTTEN THEIR HOPES UP AS A RESULT. BUT IT'S IMPORTANT FOR CONSUMERS TO BE CAUTIOUS IN THEIR EXPECTATIONS SINCE THERE IS LITTLE CONCLUSIVE SCIENTIFIC EVIDENCE ABOUT THE BENEFITS OF INTERFERON.

ACCORDING TO THE FOOD AND DRUG ADMINISTRATION, INTERFERON IS NOT A DRUG. IT IS A PROTEIN, A NATURAL SUBSTANCE PRODUCED BY MANY CELLS IN THE BODY IN RESPONSE TO SOME STIMULUS, SUCH AS A VIRUS. WHEN CELLS ARE ATTACKED BY A VIRUS THEY RELEASE INTERFERON AND IT SPREADS TO OTHER CELLS TO PREPARE THEM FOR ATTACK. IT DOES THIS BY STIMULATING THE PRODUCTION OF WHAT ARE CALLED ANTI-VIRAL PROTEINS.

INJECTIONS OF INTERFERON HAVE BROUGHT ABOUT IMPRESSIVE SHORT TERM RESULTS IN SOME CANCER PATIENTS. THERE HAS ALSO BEEN SOME EVIDENCE THAT INTERFERON SHORTENED THE DURATION OF SHINGLES AND CHICKEN POX IN PATIENTS WHOSE IMMUNE SYSTEMS WERE OUT OF KILTER.

HOWEVER, IT APPEARS THAT SOME OF THE EARLY CLAIMS FOR INTERFERON MAY HAVE BEEN OPTIMISTIC. THERE IS STILL MUCH TO BE LEARNED BEFORE FDA WILL BE ABLE TO LICENSE AN INTERFERON PRODUCT FOR HUMAN USE.

WHILE INTERFERON CAN BE PRODUCED ARTIFICIALLY IN MINUTE QUANTITIES AND AT GREAT EXPENSE, PART OF WHAT IS NOT KNOWN YET IS HOW TO DETERMINE WHETHER INTERFERON PRODUCTS MADE BY DIFFERENT METHODS AND BY DIFFERENT MANUFACTURERS WILL HAVE THE SAME BIOLOGICAL EFFECT. IN ADDITION, IN SCIENTIFIC TESTS INTERFERON HAS CAUSED SIDE EFFECTS, SUCH AS HEADACHES, FEVER, CHILLS, NAUSEA, HAIR LOSS AND DEPRESSION OF THE BONE MARROW'S ABILITY TO MAKE BLOOD CELLS.

(MORE)

INTERFERON/ADD ONE

CONSUMERS NEED TO BEWARE, BECAUSE ALTHOUGH THERE'S LIMITED EVIDENCE OF INTERFERON'S EFFECTIVENESS, SUPPOSED INTERFERON PRODUCTS HAVE BEEN SOLD. FOR EXAMPLE, PRODUCTS ALLEGEDLY CONTAINING INTERFERON IN COMBINATION WITH VITAMIN A HAVE APPEARED IN HEALTH FOOD STORES. NO SPECIFIC HEALTH CLAIMS WERE MADE ON THE LABEL, BUT, THE ADVERTISING SUGGESTED THAT INTERFERON IS A "MIRACLE CURE" FOR CANCER.

FOR MORE INFORMATION SEND FOR A FREE COPY OF INTERFERON. WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

DECEMBER 1982

#880

INTERFERON (:60)

INTERFERON HAS RECEIVED A LOT OF ATTENTION LATELY AS A POTENTIAL TREATMENT FOR CANCER. BUT, THE FOOD AND DRUG ADMINISTRATION CAUTIONS CONSUMERS THAT THERE IS LITTLE CONCLUSIVE SCIENTIFIC EVIDENCE ABOUT THE BENEFITS OF INTERFERON.

INTERFERON IS NOT A DRUG. IT IS A PROTEIN, A NATURAL SUBSTANCE PRODUCED BY MANY CELLS IN THE BODY IN RESPONSE TO SOME STIMULUS, SUCH AS A VIRUS. WHEN CELLS ARE ATTACHED BY A VIRUS, THEY RELEASE INTERFERON WHICH SPREADS TO OTHER CELLS TO PREPARE THEM FOR ATTACK.

INJECTIONS OF INTERFERON HAVE BROUGHT ABOUT IMPRESSIVE SHORT TERM RESULTS IN SOME CANCER PATIENTS. HOWEVER, IT APPEARS THAT SOME OF THE EARLY CLAIMS FOR INTERFERON MAY HAVE BEEN OPTIMISTIC. HOWEVER, THERE IS STILL MUCH TO BE LEARNED BEFORE FDA WILL BE ABLE TO LICENSE AN INTERFERON PRODUCT FOR HUMAN USE.

LARGE AMOUNTS OF INTERFERON ARE NECESSARY FOR TESTING, BUT IT CAN ONLY BE PRODUCED ARTIFICALLY IN MINUTE QUANTITIES AND AT GREAT EXPENSE. AND, PART OF WHAT IS NOT KNOWN YET IS WHETHER INTERFERON PRODUCTS MADE BY DIFFERENT METHODS WILL HAVE THE SAME BIOLOGICAL EFFECT.

FOR A FREE COPY OF INTERFERON, WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus
December 1982

Consumer Information Center
General Services Administration
Washington, DC 20405
(202) 566-1794

#881

Books Talk (:30)

It's not just people with vision impairment who can't read books. Many people, such as victims of strokes or accidents, are physically unable to hold a book. To enable these people to still have the joy of exploring a new book, the Library of Congress has books recorded on discs and cassettes. Talking books are loaned free of charge to individuals who can't hold or see well enough to read a book. For a free copy of Books Talks, write to Consumer Focus, Pueblo, Colorado 81009. That's Books Talk, Consumer Focus, Pueblo, Colorado 81009.

# # # #

Books Talk (:20)

If you know someone who can't read because of vision impairment or because they're physically unable to hold a book, tell them about Talking Books. This free program is run by the Library of Congress free of charge to eligible people. To learn more, send free copy of Books Talk. Write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

DECEMBER 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#881

BOOKS TALK (2:00)

THE JOY OF GETTING INVOLVED IN A NEW BOOK CAN BE MARRED BY FRUSTRATION WHEN YOU CAN'T SEE WELL ENOUGH TO READ STANDARD PRINT OR WHEN YOU CAN'T HOLD A BOOK AND TURN PAGES.

IF THIS IS A PROBLEM FOR YOU, THE LIBRARY OF CONGRESS HAS A SOLUTION--BOOKS AND MAGAZINES IN BRAILLE AND IN RECORDED FORM ON DISCS AND CASSETTES, FREE THROUGH SELECTED LIBRARIES ACROSS THE COUNTRY.

THERE'S GOOD VARIETY TOO. BEST SELLERS, CLASSICS, MYSTERIES, POETRY, HISTORY, BIOGRAPHIES, RELIGIOUS LITERATURE, CHILDREN'S BOOKS, AND FOREIGN-LANGUAGE MATERIALS ARE ALL AVAILABLE. AND, READERS CAN SUBSCRIBE TO MORE THAN 70 POPULAR MAGAZINES IN BRAILLE RECORDED FORM.

BECAUSE LIBRARY OF CONGRESS TALKING BOOKS ARE RECORDED AT SLOWER THAN NORMAL SPEED, SPECIAL PLAYBACK EQUIPMENT IS ALSO PROVIDED ON LOAN. AND, YOU CAN BORROW HEADSETS, PILLOWPHONES, AND OTHER ACCESSORIES.

TO KEEP YOU UP TO DATE ON WHAT BOOKS AND MAGAZINES ARE AVAILABLE, TALKING BOOK TOPICS, IN LARGE PRINT AND ON DISC, AND BRAILLE BOOK REVIEW IN LARGE PRINT AND IN BRAILLE, ARE SENT OUT BIMONTHLY.

ANYONE WHO IS CERTIFIED AS UNABLE TO HOLD A BOOK OR TO READ ORDINARY PRINT, EVEN IF TEMPORARILY, CAN BORROW THESE MATERIALS POSTAGE-FREE AND KEEP THEM FOR AS LONG AS NEEDED. THIS IS A PROGRAM OFFERED FROM THE NATIONAL LIBRARY SERVICE FOR THE BLIND AND PHYSICALLY HANDICAPPED OF THE LIBRARY OF CONGRESS.

(MORE)

TO LEARN MORE ABOUT THIS SERVICE, CONTACT YOUR LOCAL LIBRARY OR SEND FOR A COPY OF BOOKS TALK. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009. THAT'S BOOKS TALK, FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ________________________.
(STATION CALL LETTERS)

Federal Consumer Focus
December 1982

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#881

Recording For Blind (:60)

Millions of consumers benefit from the helpful federal publications available from the Consumer Information Center in Pueblo, Colorado. And now 194 of these books are available free on cassette for visually, physically and perceptually handicapped individuals.

Topics covered include money management, health care, housing, employment, food, and many more. They are available from Recording for the Blind, Inc., a National, non-profit service organization.

In addition to these cassettes which were developed in cooperation with the U.S. Office of Consumer Affairs, R.F.B. offers more than 58,000 recorded textbooks on a wide range of academic subjects and at all grade levels--from elementary school through graduate studies.

To obtain more information on this program, including what medical certification is necessary, write to Consumer Information, Recording for the Blind, 215 East 58th Street, New York, NY. That's Consumer Information, Recording for the Blind, 215 East 58th Street, New York, NY 10022.

# # # #

Federal Consumer Focus
January 1983

Consumer Information Center
General Services Administration
Washington, DC 20405
(202) 566-1794

Registering for the Draft (:60) #882

Since 1980, young men have been required to register for the draft within thirty days of their eighteenth birthday. And, although there has been a lot of talk about the registration laws recently, the laws have NOT changed.

Part of the confusion stems from a recent federal court ruling that led many young men to believe that the requirement to register had been struck down. That's not the situation. The court case applied only to one individual. If you were born since 1960, you could be prosecuted if you fail to register for the draft.

In addition, a new law states that young men will be eligible for federal student loans and grants ONLY if they have registered for the draft as required.

So it's in your best interest to register, even if your eighteenth birthday passed a while ago. Pick up the registration forms at your local post office. After all, you are only registering, not being drafted. Congress would have to pass another law before anyone could be drafted into the Army again.

# # # #

Federal Consumer Focus

JANUARY 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#882

TAMPER-RESISTANT PACKAGING (1:45)

IN THE WAKE OF THE RECENT TAMPERING WITH OVER-THE-COUNTER DRUGS IN CHICAGO THAT RESULTED IN SEVEN DEATHS, THE FOOD AND DRUG ADMINISTRATION HAS PUBLISHED FINAL REGULATIONS FOR TAMPER-RESISTANT PACKAGING. THE INITIAL REGULATIONS WILL GO INTO EFFECT ON FEBRUARY 7, 1983. THEY COVER THE PACKAGING OF OVER-THE-COUNTER CAPSULES AND LIQUID DRUGS, INCLUDING EAR DROPS, MOUTHWASHES, AND CONTACT LENS SOLUTIONS.

THE REGULATIONS REQUIRE PACKAGING DRUGS AND COSMETICS SO THEY WILL BE MUCH MORE DIFFICULT TO TAMPER WITH. IN ADDITION, THE PACKAGING MUST MAKE ANY TAMPERING MORE EASILY DETECTABLE BY THE CAREFUL CONSUMER. FINALLY, EACH PACKAGE MUST BEAR A PROMINENT STATEMENT TO ALERT CONSUMERS TO THE SPECIFIC TAMPER-RESISTANT FEATURE OF THE PACKAGE.

MAY 5 IS THE SECOND DEADLINE. ALL OVER-THE-COUNTER DRUGS IN TABLET FORM FOR ORAL OR VAGINAL USE AND ALL VAGINAL AND RECTAL SUPPOSITORIES MANUFACTURED AFTER THAT DATE MUST BE PACKAGED IN TAMPER-RESISTANT CONTAINERS.

BY FEBRUARY 1984, ALL COVERED PRODUCTS THAT ARE ON STORE SHELVES MUST MEET THESE REQUIREMENTS.

THE REGULATIONS DO NOT COVER PRODUCTS APPLIED TO THE SKIN, TOOTHPASTE, INSULIN, PRODUCTS USUALLY NOT VULNERABLE TO TAMPERING, OR THOSE THAT, EVEN IF TAMPERED WITH, WOULD RESULT IN LESS SERIOUS INJURY.

(MORE)

TAMPER-RESISTANT PACKAGING/ADD ONE

IN THE MEANTIME, CONSUMERS SHOULD CAREFULLY INSPECT ANY OVER-THE-COUNTER DRUGS BEFORE PURCHASE. IF THERE ARE BROKEN SEALS ON PACKAGES; OPEN OR DISCOLORED CONTAINERS; OR LOOSE, TORN OR MISSING WRAPPINGS, BEWARE! AND ONCE YOU GET THE PRODUCT HOME, DO NOT USE IT IF IT IS DISCOLORED OR IF IT HAS AN UNUSUAL ODOR. IN EITHER CASE, TAKE IT IMMEDIATELY TO THE PHARMACIST OR THE STORE MANAGER FOR ASSISTANCE.

# # # #

NOTE TO REPORTERS: If you want some further information, check the November 5, 1982, edition of the Federal Register beginning on page 50442. Copies should be available at a nearby library. Or you can call Chris Smith at 301/443-3285.

NEWARK PUBLIC LIBRARY
JAN 14 1983
U. S. GOVT. PUBS.
DEPOSITORY 376

Some Examples of Tamper-Resistant Packaging

Package Type	Tamper Protection
1. Film Wrappers	Film wrapped and sealed around product and/or product containers
2. Blister/Strip Packs	Individually sealed dosage units; removal requires tearing or breaking individual compartment
3. Bubble Packs	Product or container sealed in plastic, usually mounted on/in display card
4. Shrink Seals/ Bands	Bands or wrappers which conform to cap and container, must be torn to open
5. Foil, Paper, or Plastic Pouches	Sealed individual packets, must be torn to reach product
6. Bottle Seals	Paper, foil or plastic sealed to bottle mouth under cap, must be torn or broken to reach product
7. Tape Seals	Paper or foil sealed over carton flap or bottle cap; must be torn or broken to reach product
8. Breakable Caps	Plastic or metal caps, parts of which must be damaged or broken to remove
9. Sealed Tubes	Seal must be punctured to reach product
10. Sealed Carton	Carton cannot be opened without damage
11. Aerosol Containers	Tamper-resistant by design

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Tamper-Resistant Packaging
Supplemental Information

PRODUCTS COVERED

Class	Route	Common Dosage Forms/Product Types
OTC Drugs	Oral	Capsules, Tablets, Powders. Liquids, Semi-Solids*
	Ophthalmic	Liquids
	Nasal	Liquids
	Vaginal	Liquids, Semi-Solids*, Suppositories
	Rectal	Liquids, Semi-Solids*, Suppositories
Cosmetics	Oral	Oral Hygiene Liquids
	Vaginal	Solids, Liquids, and Semi-Solids*
Devices	Ophthalmic	Contact Lens Solutions and Tablets
Excluded Products	Dermatologics (products applied to the skin) Dentifrices Insulin Most cosmetics, including those applied around the eyes and mouth (e.g., mascara and lipstick) Solid oral cosmetics (e.g., breath mints)	

EFFECTIVE DATES

Level of Commerce	Covered Product Type	Requirement	Effective Dates
Retail	All	Packaging	Feb. 7 1984
Production (packaging/labeling)	Capsules, liquids Semi-Solids*	Packaging	Feb. 7, 1983
		Design and labeling	May 5, 1983
	Solid forms other than capsules (i.e., tablets and suppositories)	Packaging, design, and labeling	May 5, 1983

*Semi-solids include gels, foams, creams, etc.

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

THAT LITE STUFF (:30)

#883

MANY OF THE BASIC FOODS YOU LIKE HAVE LOWER CALORIE VERSIONS WHICH CAN STILL MAKE YOUR TASTE BUDS HAPPY WITHOUT TAKING AS FAST A DETOUR TO YOUR WAISTLINE. TO ASSURE YOU THESE FOODS MEASURE UP TO THEIR CLAIMS, THE FOOD AND DRUG ADMINISTRATION REQUIRES PRODUCTS CLAIMING TO BE LOW OR REDUCED IN CALORIES TO MEET SPECIFIC LIMITS ON CALORIE CONTENT AND HAVE THE CALORIE INFORMATION ON THEIR LABELS. TO LEARN MORE, SEND FOR A FREE COPY OF THAT LITE STUFF. WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

THAT LITE STUFF (:20)

ACCORDING TO THE FOOD AND DRUG ADMINISTRATION, FOOD CAN BE LABELED "LOW CALORIE" ONLY IF A SERVING SUPPLIES NO MORE THAN FOUR-TENTHS OF A CALORIE PER GRAM AND NO MORE THAN 40 CALORIES PER SERVING. A LABEL OF "REDUCED CALORIE" MEANS IT HAS TO BE AT LEAST ONE-THIRD LOWER IN CALORIES THAN A SIMILAR FOOD IN WHICH THE CALORIES AREN'T REDUCED. TO LEARN MORE, SEND FOR A COPY OF THAT LITE STUFF. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

**Federal
Consumer
Focus**

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

THAT LITE STUFF (2:00) #883

WHEN YOU'RE COUNTING CALORIES, DO YOU WISH YOU COULD CUT BACK AND STILL ENJOY SOME OF YOUR FAVORITE FOODS AND DRINKS? YOU MAY BE ABLE TO BY CHECKING THE DIETETIC FOOD SECTION OF YOUR SUPERMARKET. MANY OF THE BASIC FOODS YOU LIKE HAVE LOW CALORIE VERSIONS THAT CAN SATISFY YOUR TASTE BUDS, WITHOUT TAKING AS FAST A DETOUR TO YOUR WAISTLINE. AND YOU CAN BE SURE WHEN YOU BUY THESE FOODS THAT THEY MEASURE UP TO THEIR CLAIMS. THE FOOD AND DRUG ADMINISTRATION REQUIRES PRODUCTS CLAIMING TO BE LOW OR REDUCED IN CALORIES TO MEET SPECIFIC LIMITS ON CALORIE CONTENT.

UNDER THE FDA REGULATIONS, A FOOD CAN BE LABELED "LOW CALORIE" ONLY IF A SERVING SUPPLIES NO MORE THAN 40 CALORIES AND CONTAINS NO MORE THAN FOUR-TENTHS OF A CALORIE PER GRAM. IF A FOOD IS LABELED "REDUCED CALORIE" THAT MEANS IT HAS TO BE AT LEAST ONE-THIRD LOWER IN CALORIES THAN A SIMILAR FOOD IN WHICH THE CALORIES AREN'T REDUCED. NEITHER LOW CALORIE NOR REDUCED CALORIE FOODS CAN BE NUTRITIONALLY INFERIOR TO THE HIGHER CALORIE VERSION, AND THE LABELS MUST LIST VITAMIN AND MINERAL CONTENT.

LABELS MUST ALSO INCLUDE THE NUMBER OF CALORIES PER SERVING AND DEFINE THE SERVING SIZE IN A COMMONLY USED UNIT, SUCH AS A CUP OR SLICE.

(MORE)

THAT LITE STUFF/ADD ONE

FOODS THAT ARE ALREADY NATURALLY LOW IN CALORIES, SUCH AS MUSHROOMS, AREN'T ALLOWED TO USE THE TERM "LOW CALORIE" IMMEDIATELY BEFORE THE NAME OF THE PRODUCT. FOR INSTANCE MUSHROOMS COULDN'T BE LABELED "LOW CALORIE MUSHROOMS" BECAUSE THAT WOULD IMPLY THEY ARE LOWER IN CALORIES THAN OTHER MUSHROOMS. THEY COULD, HOWEVER, BE LABELED "MUSHROOMS, A LOW CALORIE FOOD."

IF THE FOOD LABEL SAYS THAT CALORIES HAVE BEEN CUT, IT HAS TO BACK UP THAT CLAIM WITH NUMBERS. THE LABEL MUST COMPARE THE LOWER CALORIE FOOD WITH A STANDARD VERSION OF THE PRODUCT; FOR INSTANCE REDUCED CALORIE FRUIT COCKTAIL, 40 CALORIES PER SERVING; REGULAR FRUIT COCKTAIL IN HEAVY SYRUP, 90 CALORIES PER SERVING.

FOR MORE INFORMATION, SEND FOR A FREE COPY OF THE FDA CONSUMER MAGAZINE REPRINT ENTITLED THAT LITE STUFF. WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009. ONCE AGAIN, IT'S THAT LITE STUFF, CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ____________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#883

THAT LITE STUFF (:60)

MANY OF THE BASIC FOODS YOU LIKE HAVE LOWER CALORIE VERSIONS WHICH CAN STILL SATISFY YOUR TASTE BUDS, WITHOUT TAKING AS FAST A DETOUR TO YOUR WAISTLINE. AND, YOU CAN BE SURE WHEN YOU BUY THESE FOODS THAT THEY MEASURE UP TO THEIR CLAIMS. THE FOOD AND DRUG ADMINISTRATION REQUIRES PRODUCTS CLAIMING TO BE LOW OR REDUCED IN CALORIES TO MEET SPECIFIC LIMITS ON CALORIE CONTENT.

A FOOD CAN BE LABELED "LOW CALORIE" ONLY IF A SERVING SUPPLIES NO MORE THAN 40 CALORIES AND CONTAINS NO MORE THAT FOUR-TENTHS OF A CALORIE PER GRAM.

IF A FOOD IS LABELED "REDUCED CALORIE" THAT MEANS IT HAS TO BE AT LEAST ONE-THIRD LOWER IN CALORIES THAN A SIMILAR FOOD IN WHICH THE CALORIES AREN'T REDUCED. NEITHER LOW CALORIE OR REDUCED CALORIE FOODS CAN BE NUTRITIONALLY INFERIOR TO THE HIGHER CALORIE VERSION, AND THE LABELS MUST LIST VITAMIN AND MINERAL CONTENT AS WELL AS CALORIES.

FOR MORE INFORMATION, SEND FOR A FREE COPY OF THAT LITE STUFF. JUST WRITE TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

January 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#884

Fly Rights (:30)

If you're a regular airline traveler, you should know that as of December, 1982, the Civil Aeronautics Board changed the rules governing bumping. Now, airlines don't have to compensate a passenger who can get an alternative flight. However, the flight must arrive at their next stopover or final destination within one hour of the planned arrival time of the original flight. For more information, send for a copy of Fly Rights. It's $2.75 from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Fly Rights (:20)

U.S. airlines coming in from abroad used to have to provide compensation if you were "bumped" from your seat because of overbooking. But foreign airlines didn't. Now, a new Civil Aeronautics Board rule says no inbound flights on either U.S. or foreign airlines have to provide denied boarding compensation. For more information, send $2.75 for Fly Rights to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus
JANUARY 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

FLY RIGHTS (2:00) #884

HAVE YOU EVER BEEN IN THE SITUATION WHERE YOUR TRAVEL PLANS WERE SO UNCERTAIN THAT YOU MADE SEVERAL AIRLINE RESERVATIONS TO PROTECT YOURSELF? WELL, SO MANY PEOPLE DO THIS THAT, TO COMPENSATE, AIRLINES OVERBOOK TO FILL THE ANTICIPATED EMPTY SEATS. WHEN, ON OCCASION, MORE PASSENGERS THAN EXPECTED SHOW UP TO CLAIM THEIR RESERVATIONS, SOME PASSENGERS ARE LEFT WITHOUT A SEAT AND "BUMPED" FROM THE FLIGHT.

IN DECEMBER, 1982, THE CIVIL AERONAUTICS BOARD CHANGED THE "BUMPING" RULE. THIS IS THE RULE THAT AIRLINES MUST FOLLOW TO REDUCE A PASSENGER'S CHANCE OF BEING INVOLUNTARILY BUMPED AND TO COMPENSATE THOSE WHO ARE BUMPED.

THE MODIFIED RULE SAYS AIRLINES DON'T HAVE TO COMPENSATE PASSENGERS WHO CAN GET AN ALTERNATIVE FLIGHT. HOWEVER, THE FLIGHT MUST ARRIVE AT THEIR NEXT STOPOVER OR FINAL DESTINATION WITHIN ONE HOUR OF THE PLANNED ARRIVAL TIME OF THE ORIGINAL FLIGHT. A STOPOVER MEANS A DELIBERATE INTERRUPTION OF MORE THAN FOUR HOURS IN A PASSENGER'S JOURNEY. DESPITE THE NEW RULE, PASSENGERS ARE STILL FREE TO TAKE PRIVATE ACTION AGAINST A CARRIER IN THOSE SITUATIONS WHERE THEY FEEL IT'S JUSTIFIED.

(MORE)

SINCE AIRLINE DEREGULATION WAS PUT INTO EFFECT, SOME AIRLINES HAVE INTRODUCED REGULAR LOW FARES OR SPECIAL DISCOUNT FARES THAT ARE BELOW THE MINIMUM BUMPING COMPENSATION AMOUNT. THE CAB HAS NOW ELIMINATED THE MINIMUM ON BUMPING PAYMENTS IN ORDER TO ENCOURAGE LOW FARE SERVICE. IF YOU ARE BUMPED AND CAN'T GET AN ALTERNATIVE FLIGHT, YOU NOW GET THE FACE VALUE OF THE TICKET AS DENIED BOARDING COMPENSATION, INSTEAD OF A SET AMOUNT.

BEFORE THE NEW RULE, U.S. CARRIERS COMING IN FROM ABROAD HAD TO PROVIDE BUMPING COMPENSATION, BUT FOREIGN CARRIERS DIDN'T. NOW NO INBOUND FLIGHTS FROM FORIGN COUNTRIES, ON U.S. OR FOREIGN AIRLINES, WILL HAVE TO PROVIDE BUMPING COMPENSATION.

FOR MORE INFORMATION ON OTHER WAYS TO PROTECT YOUR AIR PASSENGER RIGHTS, INCLUDING BAGGAGE LIABILITY AND IN-FLIGHT SMOKING RULES, SEND FOR A COPY OF FLY RIGHTS. IT'S $2.75 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009. THATS' CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ________________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

JANUARY 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

FLY RIGHTS (:60) #884

SOMETIMES WHEN PEOPLE TRAVEL THEY MAKE MORE THAN ONE AIRLINE RESERVATION--JUST TO HAVE ALL BASES COVERED. TO ALLOW FOR THIS, SINCE MANY PEOPLE DO IT, THE AIRLINES OVERBOOK TO FILL THE ANTICIPATED EMPTY SEATS. WHEN MORE PASSENGERS THAN EXPECTED SHOW UP TO CLAIM THEIR RESERVATIONS, SOME PASSENGERS ARE LEFT WITHOUT A SEAT--"BUMPED FROM THE FLIGHT."

IN DECEMBER, 1982, THE CIVIL AERONAUTICS BOARD CHANGED THE RULE THAT AIRLINES MUST FOLLOW TO COMPENSATE PASSENGERS WHO ARE INVOLUNTARILY BUMPED FROM A FLIGHT.

THE CAB HAS NOW ELIMINATED THE MINIMUM BUMPING PAYMENT, IN ORDER TO ENCOURAGE LOW FARE SERVICE. IF YOU ARE BUMPED AND CAN'T GET AN ALTERNATIVE FLIGHT, YOU NOW GET THE FACE VALUE OF THE TICKET AS DENIED BOARDING COMPENSATION, INSTEAD OF A SET AMOUNT.

THE MODIFIED RULE ALSO SAYS AIRLINES DON'T HAVE TO GIVE ANY COMPENSATION TO PASSENGERS WHO CAN GET ALTERNATIVE FLIGHTS. HOWEVER, THE FLIGHT MUST ARRIVE AT THEIR NEXT STOPOVER OR FINAL DESTINATION WITHIN ONE HOUR OF THE PLANNED ARRIVAL TIME OF THE ORIGINAL FLIGHT.

FOR MORE INFORMATION, SEND FOR A COPY OF FLY RIGHTS. IT'S $2.75 FROM CONSUMER FOCUS, PUBELO, COLORADO 81009.

# # # #

Federal Consumer Focus

JANUARY 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

THE METRIC SYSTEM (:30)

#885

WANT TO LEARN SOMETHING ABOUT THE METRIC SYSTEM? OKAY, TAKE OUT A DOLLAR AND SOME CHANGE. THERE IT IS. THE METRIC SYSTEM IS BASED ON THE NUMBER 100, JUST LIKE OUR MONEY SYSTEM. AND IT REALLY MAKES DOING MATH EASY. FOR INSTANCE, IF YOU WANT TO FIGURE HOW MANY INCHES THERE ARE IN A YARD AND A QUARTER OF MATERIAL, YOU HAVE TO MULTIPLY BY 36, THEN FIGURE OUT WHAT A QUARTER OF THAT IS. GIVE UP? SO DO I. BUT IF IT WAS IN METERS, YOU ONLY HAVE TO MULTIPLY BY 100 BECAUSE THERE ARE 100 CENTIMETERS TO A METER. TO LEARN MORE ABOUT HOW THE METRIC SYSTEM WORKS, SEND $4.50 FOR A COPY OF THE U.S. NAVY BOOK, THE METRIC SYSTEM, TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

THE METRIC SYSTEM (:20)

THE TIME NOW IS __________. BY THE WAY, I WAS JUST TALKING TO YOU IN THE METRIC SYSTEM. TIME IS THE SAME FOR METRICS. AND OUR MONEY SYSTEM IS METRIC. SO'S ELECTRICITY. YOU ALREADY KNOW QUITE A BIT ABOUT METRICS WITHOUT REALLY TRYING. TO LEARN MORE, SEND FOR THE U.S. NAVY BOOK, THE METRIC SYSTEM. IT'S $4.50 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

JANUARY 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

THE METRIC SYSTEM (2:00)

#885

WHEN YOU TAKE A PICTURE, YOU'RE USING METRIC MEASUREMENTS. ALSO WHEN YOU TAKE YOUR VITAMIN PILLS. AFTER ALL, YOU USE 35 MILLIMETER FILM AND TAKE 50 MILLIGRAMS OF VITAMIN C. AND YOU MAY EVEN HAVE HAD A HALF-LITER OF WINE FROM A CARAFE. CARS, TOOLS, EVEN DRUGS ARE MEASURED IN METRICS. SO ARE TIME AND ELECTRICITY.

"WAIT A MINUTE," YOU SAY. "TIME? WE'RE GOING TO HAVE A HUNDRED MINUTES TO THE HOUR?"

NO. TIME, AS WE KNOW IT, IS A PART OF THE METRIC SYSTEM. MINUTES, HOURS, AND DAYS ARE THE SAME FOR THE SYSTEM WE KNOW AND FOR METRICS. AND SO ARE THE MEASUREMENTS FOR ELECTRICITY, WATTS AND AMPS.

SO YOU CAN SEE THAT YOU ALREADY KNOW MANY METRIC MEASUREMENTS. (BY THE WAY, THE MOST IMPORTANT METRIC MEASUREMENT THAT YOU KNOW IS DOLLARS AND CENTS.)

GETTING THE HANG OF THE OTHER METRIC MEASUREMENTS IS EASY. FOR EXAMPLE: A METER, WHICH IS ABOUT A YARD LONG, IS THE BASIC UNIT OF LENGTH. THAT 35 MILLI-METER FILM IS 35 THOUSANDTHS OF A METER WIDE. AND A KILO-METER IS A THOUSAND METERS LONG.

VOLUME IS MEASURED IN LITERS. A LITER IS ABOUT THE SAME AS A QUART. A HALF LITER IS ABOUT A PINT. AND 250 MILLI-LITERS ARE ABOUT THE SAME AS A CUP. IN FACT, YOUR MEASURING CUP MAY ALREADY HAVE THE MILLILITER MEASUREMENTS ON IT.

(MORE)

THE METRIC SYSTEM/ADD ONE

METRIC WEIGHT IS EXPRESSED IN GRAMS. THE MOST COMMONLY USED WEIGHT FOR GROCERIES AND THINGS LIKE THAT IS THE KILO-GRAM. IT WEIGHS ABOUT 2.2 POUNDS. SO TEN KILOS IS 22 POUNDS. THAT'S PRETTY SIMPLE, TOO.

TEMPERATURE IS EXPRESSED IN DEGREES CELSIUS, WITH 0 DEGREES THE FREEZING POINT OF WATER AND 100 DEGREES THE BOILING POINT. TWENTY DEGREES CELSIUS IS ROOM TEMPERATURE. WEATHER REPORTS NOW GIVE THE TEMPERATURE IN DEGREES CELSIUS AS WELL AS IN DEGREES FAHRENHEIT.

IF YOU WANT TO LEARN MORE ABOUT THE WHOLE METRIC SYSTEM AND WHY IT MAKES SENSE, SEND FOR THE U.S. NAVY BOOK, THE METRIC SYSTEM. IT'S $4.50 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

JANUARY 1983

Consumer
Information
Center

General Services
Administration
Washington, DC 20405
(202) 566-1794

THE METRIC SYSTEM (:60)

#885

WHEN YOU ASK FOR SOME FILM FOR YOUR CAMERA, YOU'RE USING THE METRIC SYSTEM. ALSO WHEN YOU PAY FOR IT. AFTER ALL, YOU USE 35 MILLIMETER FILM AND PAY FOR IT WITH DOLLARS AND CENTS, PROBABLY THE MOST IMPORTANT METRIC MEASURE YOU KNOW. SO YOU CAN SEE THAT YOU ALREADY KNOW QUITE A BIT ABOUT THE METRIC SYSTEM. (BY THE WAY, SECONDS, MINUTES, AND HOURS ARE ALSO PART OF THE METRIC SYSTEM.)

WHEN YOU ARE READING THE CEREAL BOX TOMORROW MORNING, CHECK IT OUT. IT PROBABLY HAS THE WEIGHT IN GRAMS. AND CERTAINLY THE NUTRITIONAL LABEL DOES. SO DO THE VITAMIN PILLS. EVEN THE MILK CARTON PROBABLY SAYS THE AMOUNT IN LITERS OR MILLILITERS.

THE BANK TEMPERATURE SIGN MAY HAVE THE TEMPERATURE WITH A "C" AFTER IT AS WELL AS WHAT YOU'RE USED TO. THAT'S DEGREES CELSIUS, AND IT IS BASED ON THE FREEZING AND BOILING TEMPERATURES OF WATER. ZERO IS FREEZING AND 100 IS BOILING. AND ROOM TEMPERATURE IS ABOUT 20 DEGREES.

IF YOU WANT TO LEARN MORE ABOUT THE WHOLE METRIC SYSTEM AND WHY IT MAKES SENSE, SEND FOR THE U.S. NAVY BOOK, THE METRIC SYSTEM. IT'S $4.50 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

January 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Contraception: Comparing the Options (:30) #886

If you are taking birth control pills, it's important to watch out for possible side effects. Be sure to get from your doctor or pharmacist the FDA required brochure that explains possible side effects, as well as the use, benefits, and risks of "The Pill." For the pros and cons of "The Pill" and other methods of birth control, send for a copy of the Food and Drug Administration's pamphlet, Contraception: Comparing the Options. It's free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Contraception: Comparing the Options (:30)

If you use a diaphragm for birth control, the Food and Drug Administration reminds you that the size and fit require a yearly checkup. And the diaphragm should also be checked if you gain or lose a significant amount of weight and after childbirth or an abortion. For more information about diaphragms as well as the pros and cons of other methods of birth control, send for a copy of the pamphlet, Contraception: Comparing the Options. It's free from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

January 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Contraception: Comparing the Options
Supplemental Information

The following charts list a variety of commonly used contraceptive methods, their effectiveness, advantages, disadvantages, side effects, and any health considerations. The charts are from Contraception: Comparing the Options, free from Consumer Focus, Pueblo, Colorado 81009.

"Natural Family Planning" (e.g..Rhythm Method)

The woman must refrain from sexual intercourse on days surrounding the predicted time of monthly ovulation or, for greater effectiveness, until a few days after the predicted time of ovulation. Ways to determine the approximate time of ovulation include a calendar method, temperature method, cervical mucus method, and a sympto-thermal method. Using the calendar method requires careful recordkeeping of the time of the menstrual period, and calculation of the time in the month when the woman is fertile and must not have intercourse. To use the temperature method, the woman must use a special type of thermometer and keep an accurate daily record of her body temperature (body temperature rises after ovulation). To use the cervical mucus method the woman must keep an accurate daily record of the type of vaginal secretions present. To use the sympto-thermal method the woman must observe the changes in her cervix, cervical mucus, and also record her body temperature every day to pinpoint her fertile period. The temperature method, mucus method, or sympto-thermal method used alone or concurrently with the calendar method are more effective than the calendar method alone.

Effectiveness	Advantages—	Disadvantages	Side Effects	Health Factors to Consider	Long-Term Effect on Ability to Have Children
Effectiveness depends on how correctly the method is used. Of 100 women who use the calendar method for one year, 14 to 47 will become pregnant. Of 100 women who use the temperature method for one year, 1 to 20 will become pregnant. Of 100 women who use the mucus method for one year, 1 to 25 will become pregnant. Of 100 women who use, for one year, the temperature or mucus method with intercourse only after ovulation, less than 1 to 7 will become pregnant. Of 100 women who use the sympto-thermal method for one year, 1 to 22 will become pregnant.	No drugs or devices needed.	Requires careful recordkeeping and estimation of the time each month when there can be no intercourse. To use any of the three methods properly a physician's guidance may be needed, at least at the outset. If menstrual cycles are irregular, it is especially difficult to use this method effectively. Dissatisfaction because of extended time each month when sexual intercourse must be avoided.	No physical effects, but because the couple must refrain from having intercourse except on certain days of the month, using this method can create pressures on the couple's relationship.	None.	None.

Diaphragm (With Cream, Jelly, or Foam)

Prescription Required

A diaphragm is a shallow cup of thin rubber stretched over a flexible ring. A sperm-killing cream or jelly is put on both sides of the diaphragm, which is then placed by the woman inside the vagina before intercourse. The device covers the opening of the uterus, thus preventing the sperm from entering the uterus.

Effectiveness	Advantages—	Disadvantages	Side Effects	Health Factors to Consider	Long-Term Effect on Ability to Have Children
Effectiveness depends on how correctly the method is used. Of 100 women who use the diaphragm with a spermicidal product for one year, 2 to 20 will become pregnant.	No routine schedule to be kept as with The Pill. The diaphragm with a spermicidal product is inserted by the user. No discomfort or cramping, as with the IUD. No effect on the chemical or physical processes of the body, as with The Pill or the IUD.	Must be inserted before each intercourse and stay in place 6 to 8 hours afterwards. Size and fit require yearly checkup, and should be checked if woman gains or loses weight significantly. Should be refitted after childbirth or abortion. Requires instruction on insertion technique. Some women find it difficult to insert and inconvenient to use. Some women in whom the vagina is greatly relaxed, or in whom the uterus has "fallen," cannot use a diaphragm successfully.	No serious side effects. Possible allergic reaction to the rubber or the spermicidal jelly. Condition easily corrected.	None.	None.

Condom (Rubber)

No Prescription Required

The condom is a thin sheath of rubber or processed lamb cecum that fits over the penis.

Effectiveness	Advantages—	Disadvantages	Side Effects	Health Factors to Consider	Long-Term Effect on Ability to Have Children
Effectiveness depends on how correctly the method is used. Of 100 women whose partner uses a condom for one year, 3 to 36 women will become pregnant.	In addition to contraception, may afford some protection against venereal disease. Easily available. Requires no "long-term" planning before intercourse.	Some people feel the condom reduces pleasure in the sex act. The male must interrupt foreplay and fit the condom in place before sexual entry into the woman. The condom can slip or tear during use or spill during removal from the vagina.	No serious side effects. Occasionally an individual will be allergic to the rubber, causing burning, irritation, itching, rash, or swelling, but this can easily be treated. Switching to the natural skin condom may be a solution.	None.	None.

Intrauterine Device (IUD)

Prescription Required

The IUD is a small plastic or metal device that is placed in the uterus (womb) through the cervical canal (opening into the uterus). As long as the IUD stays in place pregnancy is prevented. How the IUD prevents pregnancy is not completely understood. IUD's seem to interfere in some manner with implantation of the fertilized egg in the wall of the uterus. There are 5 kinds of IUD's currently available—Copper-7, Copper-T, Progestasert, Lippes Loop, and Saf-T-Coil. IUD's containing copper (Copper-7 and Copper-T) should be replaced every 3 years; those containing progesterone (Progestasert) should be replaced every year.

Effectiveness	Advantages—	Disadvantages	Side Effects	Health Factors to Consider	Long-Term Effect on Ability to Have Children
Effectiveness depends on proper insertion by the physician and whether the IUD remains in place. Of 100 women who use an IUD for one year, 1 to 6 will become pregnant.	Insertion by a physician, then no further care needed, except to see that the IUD remains in place (the user can check it herself but should be checked once a year by her doctor).	May cause pain or discomfort when inserted; afterward may cause cramps and a heavier menstrual flow. Some women will experience adverse effects that require removal of the IUD. The IUD can be expelled, sometimes without the woman being aware of it, leaving her unprotected.	Major complications, which are infrequent, include anemia, pregnancy outside the uterus, pelvic infection, perforation of the uterus or cervix, and septic abortion. A woman with heavy or irregular bleeding while using an IUD should consult her physician. Removal of the IUD may be necessary to prevent anemia. Women susceptible to pelvic infection are more prone to infection when using an IUD. Serious complications can occur if a woman becomes pregnant while using an IUD. Though rare, cases of blood poisoning, miscarriage, and even death have been reported. An IUD user who believes she may be pregnant should consult her doctor immediately. If pregnancy is confirmed, the IUD should be removed. Although it rarely happens, the IUD can pierce the wall of the uterus when it is being inserted. Surgery is required to remove it.	Before having an IUD inserted, a woman should tell her doctor if she has had any of the following: cancer or other abnormalities of the uterus or cervix; bleeding between periods or heavy menstrual flow; infection of the uterus, cervix, or pelvis (pus in fallopian tubes); prior IUD use; recent pregnancy, abortion, or miscarriage; uterine surgery; venereal disease; severe menstrual cramps; allergy to copper; anemia; fainting attacks; unexplained genital bleeding or vaginal discharge; suspicious or abnormal "Pap" smear.	Pelvic infection in some IUD users may result in their future inability to have children.

The Pill

Prescription Required

"The Pill" refers to any of the oral contraceptives. The most widely used contains two female hormones, estrogen and progestin, and is taken 21 days each month. Another (sometimes called the "mini-pill") contains progestin only and is taken continuously. A woman should be sure to receive from the druggist, doctor, or person who gives her the pills an FDA-required brochure that explains the use, benefits, and risks of the product in greater detail.

Effectiveness	Advantages—	Disadvantages	Side Effects:	Health Factors to Consider	Long-Term Effect on Ability to Have Children
Effectiveness depends on how correctly the method is used. Of 100 women who use the combination estrogen and progestin pill for one year, less than 1 will become pregnant. Of 100 women who use the progestin-only pill (mini-pill) for one year, 2 to 3 will become pregnant.	The combination pill is the most effective of the popular methods for preventing pregnancy. No inconvenient devices to bother with at time of intercourse.	Must be taken regularly and exactly as instructed by the prescribing physician.	Side effects may include tender breasts, nausea or vomiting, gain or loss of weight, unexpected vaginal bleeding, higher levels of sugar and fat in the blood. Although it happens infrequently, use of The Pill can cause blood clots (in the legs, and less frequently in the lungs, brain, and heart). A clot that reaches the lungs or forms in the brain or heart can be fatal. Pill users have a greater risk of heart attack and stroke than non-users. This risk increases with age and is greater if the Pill user smokes. Some Pill users tend to develop high blood pressure, but it usually is mild and may be reversed by discontinuing use. Pill users have a greater risk than non-users of having gallbladder disease requiring surgery. There is no substantial evidence that taking The Pill increases the risk of cancer. Rarely, benign liver tumors occur in women on The Pill. Sometimes they rupture, causing fatal hemorrhage.	Women who use The Pill are strongly advised not to smoke because smoking increases the risk of heart attack or stroke. Other women who should not take The Pill are those who have had a heart attack, stroke, angina pectoris, blood clots, cancer of the breast or uterus. Women who have scanty or irregular periods should be encouraged to use some other method. A woman who believes she may be pregnant should not take The Pill because it increases the risk of defect in the fetus. Health problems, such as migraine headaches, mental depression, fibroids of the uterus, heart or kidney disease, asthma, high blood pressure, diabetes, or epilepsy may be made worse by use of The Pill. Risks associated with The Pill increase with age.	There is no evidence that using The Pill will prevent a woman from becoming pregnant after she stops taking it, although there may be a delay before she is able to become pregnant. Women should wait a short time after stopping The Pill before becoming pregnant. During this time another method of contraception should be used. After childbirth the woman should consult her doctor before resuming use of The Pill. This is especially true for nursing mothers because the drugs in The Pill appear in the milk and the long-range effect on the infant is not known.

Federal Consumer Focus
January 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

Contraception: Comparing the Options (:30) #886

If you're thinking of getting an IUD as a method of birth control, the Food and Drug Administration reminds you that IUD's have a set period of time they're effective for. Be sure to ask your doctor what the limit of effectiveness is on your IUD, and mark the date on your calendar. To learn more of the pros and cons of IUD's and other methods of birth control, send for the free FDA pamphlet, Contraception: Comparing the Options. Write to Consumer Focus, Pueblo, Colorado 81009.

# # # #

Contraception: Comparing the Options (:20)

If you're planning to use the foam method of birth control, the FDA reminds you that several brands of vaginal foam, cream, or jelly can be used without a diaphragm. However, they must be used one hour or less before intercourse. If placed earlier, they may be ineffective. For pros and cons of this and other methods of birth control, send for the free pamphlet, Contraception: Comparing the Options, from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal Consumer Focus

JANUARY 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

ENERGY CONSUMER GUIDE (:30)

#887

IF YOU ARE INTERESTED IN FINDING OUT HOW YOU CAN SAVE ENERGY IN YOUR HOUSE, CHECK WITH YOUR LOCAL UTILITY. FOR A SMALL FEE, MOST UTILITY COMPANIES WILL DO A HOME ENERGY AUDIT. THIS CAN COVER THINGS SUCH AS INSULATION, STORM WINDOWS AND DOORS, WEATHERSTRIPPING AND CAULKING, AND AUTOMATIC SETBACK THERMOSTATS. THE AUDIT WILL SHOW YOU WHERE IMPROVEMENTS CAN BE MADE, HOW MUCH THEY WILL COST, AND HOW MUCH YOU MIGHT SAVE, AS WELL AS HOW LONG IT WILL TAKE TO RECOVER YOUR INVESTMENT. FOR MORE WAYS TO SAVE ENERGY, SEND FOR THE U.S. OFFICE OF CONSUMER AFFAIRS BOOKLET, ENERGY CONSUMER GUIDE, FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

ENERGY CONSUMER GUIDE (:20)

HAVE YOU CHECKED TO SEE IF YOUR WATER HEATER IS WARM? UNLIKE PEOPLE, IF THE WATER HEATER IS WARM, YOU SHOULD TUCK IT UP IN A BLANKET OF INSULATION BECAUSE IT'S LOSING HEAT. FOR SAFETY'S SAKE, MAKE SURE YOU USE INSULATION MADE ESPECIALLY FOR WATER HEATERS, THOUGH. TO LEARN MORE ABOUT SAVING ENERGY, SEND FOR THE FREE U.S. OFFICE OF CONSUMER AFFAIRS BOOK, ENERGY CONSUMER GUIDE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

JANUARY 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

ENERGY CONSUMER GUIDE (2:00) #887

HOUSEHOLD USE OF ENERGY HAS DROPPED SUBSTANTIALLY, ACCORDING TO A RECENT REPORT FROM THE U.S. DEPARTMENT OF ENERGY. PEOPLE HAVE ADDED INSULATION AND STORM WINDOWS, AND HAVE BOUGHT NEW ENERGY CONSERVING HEATING SYSTEMS AND SUPPLEMENTAL HEAT SOURCES.

BUT THERE ARE STILL OTHER THINGS YOU CAN DO TO CUT YOUR ENERGY USAGE. FOR INSTANCE, TAKE YOUR HOT WATER'S TEMPERATURE. MOST WATER HEATERS ARE SET BY THE MANUFACTURER AT 140° FAHRENHEIT. IN MOST CASES, HOWEVER, UNLESS YOU HAVE A DISHWASHER, YOU CAN GET BY WITH THE TEMPERATURE AT 120°. AND YOU'LL SAVE ON YOUR ENERGY BILLS. YOU CAN ALSO SAVE BY INSULATING YOUR WATER HEATER AND THE HOT WATER PIPES. FOR SAFETY'S SAKE, USE INSULATION MADE ESPECIALLY FOR WATER HEATERS.

ONE WAY TO FIND OUT HOW YOU CAN SAVE MORE ON YOUR ENERGY BILLS IS TO GET A HOME ENERGY AUDIT. MANY UTILITY COMPANIES WILL PROVIDE THESE AUDITS AT LOW COST. IT CAN COVER INSULATION, WEATHERSTRIPPING, CAULKING, STORM WINDOWS AND DOORS, AND AUTOMATIC SETBACK THERMOSTATS THAT WILL TURN THE HEAT DOWN AT NIGHT AND BACK UP DURING THE TIME YOU NEED IT. THE AUDIT WILL SHOW YOU WHERE IMPROVEMENTS CAN BE MADE, HOW MUCH THEY WILL COST AND HOW MUCH YOU WILL SAVE, AS WELL AS HOW LONG IT WILL TAKE TO RECOVER YOUR INVESTMENT. FOR MORE INFORMATION ON HOME ENERGY AUDITS, GIVE YOUR LOCAL UTILITY COMPANY A CALL.

(MORE)

Energy Consumer Guide/add one

You don't have to have an automatic setback device to save on your heating bill, however. You can simply turn the heat down when you're not using it -- when you're going to sleep or leaving the house for the day. But, if you don't like getting up in the cold or you tend to forget to turn the heat down at night, an automatic setback thermostat can make it more comfortable and more certain you'll save energy.

If you would like to learn more about how to make your house more energy-efficient, and where to go with an energy-related complaint or to get more information, send for the *Energy Consumer Guide*. This free book was developed by the U.S. Office of Consumer Affairs in cooperation with the U.S. Department of Energy and the Consumer Information Center. For your free copy of the *Energy Consumer Guide*, send your name and address to Consumer Focus, Pueblo, Colorado 81009.

This message was brought to you as a public service by the Consumer Information Center of the General Services Administration and by this station ____________________
(Station call letters)

# # # #

Accidental Hypothermia (:30)

Most people can save money by turning the heat down. But there is a small group of people who could develop hypothermia below 68 degrees. Hypothermia is a condition where body temperature drops abnormally low. The elderly are most at risk of developing this problem, particularly if they are suffering from chronic illness or if they are taking certain drugs. If you see someone whose face becomes puffy during cold weather; has uncontrollable shivering or does not shiver when it is cold; appears confused, disoriented, or lacking in coordination; call the doctor. To learn more, send for the free book *Accidental Hypothermia* from Consumer Focus, Pueblo, Colorado 81009.

# # # #

Federal
Consumer
Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

JANUARY 1983

ENERGY CONSUMER GUIDE (:60) #887

HOUSEHOLD USE OF ENERGY HAS DROPPED SUBSTANTIALLY AS PEOPLE HAVE ADDED INSULATION AND STORM WINDOWS AND BOUGHT NEW ENERGY CONSERVING HEATING SYSTEMS AND SUPPLEMENTAL HEATING SOURCES.

BUT THERE ARE STILL OTHER THINGS YOU CAN DO TO SAVE ENERGY. FOR INSTANCE, TURN THE HEAT DOWN AT NIGHT, OR WHEN YOU ARE GOING TO BE OUT OF THE HOUSE ALL DAY. AN EASY WAY TO DO THAT IS TO INSTALL AN AUTOMATIC SETBACK THERMOSTAT. IT'S LIKE A REGULAR THERMOSTAT THAT HAS A CLOCK INSIDE. FOR SOME MODELS, IT AUTOMATICALLY TURNS THE HEAT DOWN AT A CERTAIN TIME AND BACK UP AT A LATER TIME. OTHERS YOU WIND UP LIKE AN KITCHEN TIMER. BUT WHICHEVER KIND YOU GET, IT MEANS THAT THE HOUSE IS WARM WHEN YOU'RE THERE AND UP, AND COOL WHEN YOU'RE OUT OR ASLEEP.

IF YOU WOULD LIKE TO LEARN MORE ABOUT HOW TO MAKE YOUR HOUSE MORE ENERGY EFFICIENT AND WHERE TO GO WITH AN ENERGY-RELATED COMPLAINT OR QUESTION, SEND FOR THE ENERGY CONSUMER GUIDE. THIS FREE BOOK WAS DEVELOPED BY THE U.S. OFFICE OF CONSUMER AFFAIRS IN COOPERATION WITH THE U.S. DEPARTMENT OF ENERGY AND THE CONSUMER INFORMATION CENTER. FOR YOUR FREE COPY OF THE ENERGY CONSUMER GUIDE, WRITE CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

JANUARY 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

BUYING LOTS FROM DEVELOPERS (:30) #888

A LOT ON THE WATER, WITH A COMMUNITY CLUBHOUSE, GOLF COURSE, AND SWIMMING POOL. ALL FOR ONLY $1,000. SOUND TOO GOOD TO BE TRUE? THE U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT WARNS THAT YOU SHOULD READ THE PROPERTY REPORT AND VISIT THE DEVELOPMENT BEFORE YOU SIGN ANYTHING. AND DON'T SIGN IN THE HEAT OF THE MOMENT. BE STRONG AND TAKE TIME TO THINK. AFTER ALL, SOMETIMES DEALS THAT SOUND TOO GOOD TO BE TRUE, ARE. FOR A COPY OF BUYING LOTS FROM DEVELOPERS, SEND $2.50 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

BUYING LOTS FROM DEVELOPERS (:20)

A LOT ON THE WATER WITH ALL THE RECREATIONAL FACILITIES. ONLY $1,000. THE U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT WARNS THAT BEFORE YOU SIGN UP FOR ANY LOT, YOU SHOULD READ THE PROPERTY REPORT AND VISIT THE DEVELOPMENT. THEN THINK IT OVER. AFTER ALL, SOMETIMES DEALS THAT SOUND TOO GOOD TO BE TRUE, ARE. FOR A COPY OF BUYING LOTS FROM DEVELOPERS, SEND $2.50 TO CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

JANUARY 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

BUYING LOTS FROM DEVELOPERS (2:00) #888

A CHECK ARRIVES IN THE MAIL. GREAT! YOU CAN ALWAYS USE A LITTLE EXTRA MONEY. AND THERE'S SOMETHING ABOUT A PRIZE, TOO. SOUNDS TERRIFIC. BUT THEN YOU READ THE FINE PRINT. YOU HAVE TO GO LOOK AT THE LOTS AT "LITTLE KNOWN ACRES" TO GET THE CHECK CASHED. AND YOU HAVE TO STAY FOR THEIR SALES PITCH TO GET THE PRIZE. HMMMM.

BEFORE YOU GO TO CASH THE CHECK AND PICK UP THE "FABULOUS" PRIZE, GET SOME FACTS, WARNS THE U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT. AND KNOW YOUR RIGHTS.

FIRST OF ALL, NEVER BUY LAND, SIGHT UNSEEN. WHILE YOU WILL BE SUBJECTED TO SOME SALES PRESSURE, YOU WILL AT LEAST BE ABLE TO TELL WHETHER THERE IS ANYONE ELSE WHO IS BUYING AND BUILDING. ARE THERE ROADS? IS THERE ELECTRICITY? IS THAT LAKE REAL OR A FIGMENT OF SOMEONE'S IMAGINATION?

WHEN YOU'RE THERE, ALSO ASK WHETHER THE COMPANY IS REGISTERED WITH THE INTERSTATE LAND SALES OFFICE OF HUD, AND ASK FOR A COPY OF THE PROPERTY REPORT. THAT PROPERTY REPORT IS VERY IMPORTANT, BECAUSE IF ANYTHING IN IT IS FALSE, OR IF THERE ARE IMPORTANT THINGS LEFT OUT, YOU HAVE THE RIGHT TO CANCEL YOUR CONTRACT AND SUE FOR DAMAGES IN COURT.

IF, AFTER YOU HAVE SEEN THE PROPERTY AND READ THE PROPERTY REPORT, YOU ARE STILL INTERESTED, ASK SOME OTHER QUESTIONS.

(MORE)

BUYING LOTS FROM DEVELOPERS/ADD ONE

FOR INSTANCE, HOW LARGE WILL THE DEVELOPMENT BE? WHAT ZONING CONTROLS ARE SPECIFIED IN THE CONTRACT? ARE THERE ANY EXTRA CHARGES FOR USING THINGS LIKE THE SWIMMING POOL OR ANY OTHER RECREATIONAL FACILITIES? WHAT ABOUT UTILITIES, WATER, AND SEWAGE DISPOSAL? WILL YOU GET CLEAR TITLE TO THE PROPERTY? WILL YOU BE ABLE TO BUILD ON YOUR LOT? WHAT ABOUT SOIL SURVEYS?

EVEN ALL OF THESE QUESTIONS MAY NOT TURN OFF THE HIGH PRESSURE SALES TECHNIQUES. SO BE STRONG. DON'T SIGN ANYTHING IN THE HEAT OF THE MOMENT. IF THEY GIVE YOU THE LINE ABOUT THESE "PRICES BEING GOOD FOR TODAY ONLY," YOU CAN ALWAYS ANSWER, "WELL, THEN, I GUESS IT'S MY LOSS. BUT I WANT TIME TO THINK BEFORE I DECIDE."

AND IF THEY PULL THE "BAIT AND SWITCH" GAME WHERE THEY ADVERTISE LOW-PRICED LOTS, BUT THEY ARE ALL SOLD BY THE TIME YOU GET THERE, WALK OUT. AFTER ALL, IF THEY PULL THAT NUMBER, WHO KNOWS WHAT ELSE THEY ARE PULLING ON YOU.

FOR MORE INFORMATION, SEND FOR A COPY OF THE BOOK, BUYING LOTS FROM DEVELOPERS. IT'S $2.50 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION ______________________.
(STATION CALL LETTERS)

# # # #

Federal Consumer Focus

JANUARY 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

BUYING LOTS FROM DEVELOPERS (:60) #888

EVER SEE AN AD FOR LAND THAT SOUNDS TOO GOOD TO BE TRUE? GET ALL OF THE FACTS. BE A WARY BUYER. AVOID SIGNING A CONTRACT UNDER PRESSURE. SO SAYS THE U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT.

ONE WAY IS TO READ THE PROPERTY REPORT THAT MOST DEVELOPERS ARE REQUIRED TO GIVE YOU AT LEAST 48 HOURS BEFORE YOU SIGN ANY CONTRACT. IT WILL TELL YOU A GREAT DEAL ABOUT THE DEVELOPMENT. ANOTHER GOOD WAY TO LEARN IS TO VISIT. THEN YOU CAN SEE WHETHER ANYONE ELSE IS BUYING AND BUILDING, IF THERE ARE ROADS, ELECTRICITY, A REAL LAKE.

WHILE YOU'RE THERE, ASK HOW LARGE THE DEVELOPMENT WILL BE, WHERE THE UTILITIES AND WATER WILL COME FROM AND WHERE THE SEWAGE WILL GO, AND WHETHER YOU WILL BE ABLE TO BUILD ON THE LOT AND HAVE CLEAR TITLE TO IT. FIND OUT IF THERE WILL BE ANY EXTRA CHARGES FOR RECREATION FACILITIES OR CARE OF COMMUNALLY HELD AREAS.

THEN BE STRONG AND RESIST THE HIGH PRESSURE TECHNIQUES. DON'T SIGN ANYTHING UNTIL YOU HAVE A CHANCE TO GO HOME AND THINK IT OVER.

FOR MORE INFORMATION, SEND FOR A COPY OF THE BOOK, BUYING LOTS FROM DEVELOPERS. IT'S $2.50 FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

Federal Consumer Focus

JANUARY 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

#889

STAY-WELL CARD (:30)

THE CHILDHOOD DISEASES THAT WE REMEMBER DON'T HAVE TO BE PART OF YOUR CHILDREN'S LIVES--PROVIDED YOU GET YOUR KIDS PROPERLY IMMUNIZED AT THE RIGHT TIMES. IMMUNIZATIONS ARE AVAILABLE AGAINST SEVEN SERIOUS DISEASES: MEASLES, MUMPS, POLIO, RUBELLA, DIPHTHERIA, TETANUS, AND WHOOPING COUGH. THE DEPARTMENT OF HEALTH AND HUMAN SERVICES REMINDS YOU THAT VACCINES WORK BEST WHEN THEY ARE GIVEN AT THE RECOMMENDED TIME AND ON A REGULAR SCHEDULE.

FOR A COLORING BOOK THAT SHOWS YOUR CHILDREN HOW IMPORTANT VACCINATIONS ARE, SEND FOR A COPY OF STAY-WELL CARD. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #

STAY-WELL CARD (:20)

LITTLE KIDS DON'T THINK OF VACCINATIONS AS THEIR FAVORITE THINGS. HOWEVER, THE DEPARTMENT OF HEALTH AND HUMAN SERVICES REMINDS YOU THAT IT'S VERY IMPORTANT TO HAVE YOUR CHILDREN PROPERLY IMMUNIZED AT THE RIGHT TIMES TO PROTECT THEM AGAINST SEVEN SERIOUS DISEASES: MEASLES, MUMPS, POLIO, RUBELLA, DIPHTHERIA, TETANUS AND WHOOPING COUGH. CHECK WITH YOUR DOCTOR OR CLINIC FOR AN IMMUNIZATION SCHEDULE.

# # # #

Federal Consumer Focus

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

STAY-WELL CARD (2:00) #889

THE CHILDHOOD DISEASES THAT WE SUFFERED THROUGH OR FEARED DON'T HAVE TO BE PART OF YOUR CHILDREN'S LIVES--PROVIDED YOU GET YOUR KIDS PROPERLY IMMUNIZED AT THE RIGHT TIMES. IMMUNIZATIONS ARE AVAILABLE AGAINST SEVEN SERIOUS DISEASES; MEASLES, MUMPS, POLIO, RUBELLA, DIPHTHERIA, TETANUS, AND WHOOPING COUGH.

ACCORDING TO THE DEPARTMENT OF HEALTH AND HUMAN SERVICES, VACCINES WORK BEST WHEN THEY ARE GIVEN AT THE RECOMMENDED TIME AND ON A REGULAR SCHEDULE. MEASLES VACCINE, FOR EXAMPLE, IS NOT USUALLY GIVEN TO INFANTS BEFORE THEY REACH THE AGE OF 15 MONTHS. WHEN IT IS GIVEN EARLIER THAN THAT, IT MAY NOT BE FULLY EFFECTIVE. ORAL POLIO AND THE COMBINATION VACCINES FOR DIPHTHERIA, WHOOPING COUGH AND TETANUS MUST BE GIVEN OVER A PERIOD OF TIME, IN A SERIES OF PROPERLY SPACED DOSES.

IF YOUR CHILDREN WERE NOT IMMUNIZED WHEN THEY WERE INFANTS, CONTACT YOUR DOCTOR OR LOCAL HEALTH DEPARTMENT CLINIC AND ARRANGE TO START THEM ON IMMUNIZATION PROGRAMS. DON'T DELAY. THESE ARE SERIOUS DISEASES, AND MORE THAN ANY OTHER GROUP, ACTIVE PRESCHOOL AND SCHOOL-AGE CHILDREN NEED THE PROTECTION THAT ONLY IMMUNIZATION PROVIDES.

(MORE)

STAY-WELL CARD/ADD ONE

YOUR DOCTOR OR THE STAFF AT THE CLINIC WILL KEEP A RECORD OF YOUR CHILDREN'S IMMUNIZATIONS, BUT IT'S IMPORTANT THAT YOU HAVE ONE, TOO. AN UP-TO-DATE RECORD, SHOWING THE KINDS OF IMMUNIZATIONS AND THE DATES RECEIVED, SERVES AS A REMINDER OF VISITS COMING UP--OF SECOND AND THIRD IMMUNIZATIONS AND BOOSTER DOSES THAT YOU DON'T WANT YOUR YOUNGSTERS TO MISS. IT ALSO PROVIDES EVIDENCE THAT THEY ARE PROTECTED AGAINST ALL SEVEN DISEASES. THIS EVIDENCE MAY BE REQUIRED WHEN YOUR KIDS BEGIN SCHOOL, WHEN THEY ENROLL IN SUMMER CAMP, OR WHEN YOUR FAMILY CHANGES DOCTORS.

YOUR DOCTOR WILL BE HAPPY TO PROVIDE AN IMMUNIZATION RECORD FORM FOR YOU TO KEEP. YOU CAN FILL IT IN YOURSELF, OR AN EVEN BETTER IDEA IS TO HAVE THE DOCTOR DATE AND SIGN YOUR PERSONAL RECORD EACH TIME AN IMMUNIZATION IS GIVEN. THAT WAY, YOU CAN BE SURE THAT THE INFORMATION IS CURRENT AND CORRECT. FOR A COLORING BOOK TO TEACH YOUR CHILDREN ABOUT VACCINATIONS, SEND FOR A COPY OF STAY-WELL CARD. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

THIS MESSAGE WAS BROUGHT TO YOU AS A PUBLIC SERVICE BY THE CONSUMER INFORMATION CENTER OF THE GENERAL SERVICES ADMINISTRATION AND BY THIS STATION.

________________________________.
(STATION CALL LETTERS)

Federal Consumer Focus

JANUARY 1983

Consumer
Information
Center

General Services
Administration

Washington, DC 20405
(202) 566-1794

STAY-WELL CARD (:60)

#889

THE CHILDHOOD DISEASES THAT WE SUFFERED THROUGH OR FEARED DON'T HAVE TO BE PART OF YOUR CHILDREN'S LIVES--PROVIDED YOU GET YOUR KIDS PROPERLY IMMUNIZED AT THE RIGHT TIMES. IMMUNIZATIONS ARE AVAILABLE AGAINST SEVEN SERIOUS DISEASES: MEASLES, MUMPS, POLIO, RUBELLA, DIPHTHERIA, TETANUS, AND WHOOPING COUGH.

ACCORDING TO THE DEPARTMENT OF HEALTH AND HUMAN SERVICES, VACCINES WORK BEST WHEN THEY ARE GIVEN AT THE RECOMMENDED TIME AND ON A REGULAR SCHEDULE. MEASLES VACCINE, FOR EXAMPLE, IS NOT USUALLY GIVEN TO INFANTS BEFORE THEY REACH THE AGE OF 15 MONTHS. WHEN IT IS GIVEN EARLIER, IT MAY NOT BE FULLY EFFECTIVE.

IF YOUR CHILDREN WERE NOT IMMUNIZED WHEN THEY WERE INFANTS, CONTACT YOUR DOCTOR OR LOCAL HEALTH DEPARTMENT CLINIC AND ARRANGE TO START THEM ON IMMUNIZATION PROGRAMS. DON'T DELAY. THESE ARE SERIOUS DISEASES, AND MORE THAN ANY OTHER GROUP, ACTIVE PRESCHOOL AND SCHOOL-AGE CHILDREN NEED THE PROTECTION THAT ONLY IMMUNIZATION PROVIDES.

FOR A COLORING BOOK THAT SHOWS YOUR CHILDREN HOW IMPORTANT VACCINATIONS ARE, SEND FOR A COPY OF STAY-WELL CARD. IT'S FREE FROM CONSUMER FOCUS, PUEBLO, COLORADO 81009.

# # # #